



# Apple Recipes

Apple-Bacon Pancakes with Cider Syrup .....	2
Apple-&-Leek-Stuffed Pork Tenderloin.....	3
Maple-Cinnamon Applesauce.....	4
Mom’s Apple Squares .....	5
Roasted Pumpkin-Apple Soup .....	6
Apple-Cinnamon Fruit Bars .....	7
Apple Oatmeal .....	8
Mini Apple Pies with Cheddar .....	9



## Apple-Bacon Pancakes with Cider Syrup

**Makes:** 4 servings, 2 pancakes & 2 tablespoons syrup each

**Active time:** 30 minutes | **Total:** 30 minutes

**To make ahead:** Cover and refrigerate the syrup (Step 1) for up to 1 week. Reheat on low before serving.

Heart Health  Diabetes  Weight Loss  Gluten Free

*If you like apple pancakes and you like bacon, you'll love the taste of these sweet, smoky pancakes. Any kind of apple works well. A quick cider syrup drizzled on top enhances the apple flavor.*

- ½ cup apple cider
- 3 tablespoons packed light brown sugar, divided
- 1½ teaspoons lemon juice
- 1½ teaspoons cornstarch
- ½ cup whole-wheat pastry flour
- ¼ cup plus 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 large egg
- 1 large egg white
- ½ cup nonfat buttermilk
- 1 medium apple, peeled and finely diced (about 1 cup)
- 4 slices bacon, cooked and crumbled
- 1 teaspoon canola oil, divided

1. Combine cider, 2 tablespoons brown sugar, lemon juice and cornstarch in a small saucepan. Bring to a boil over medium heat, whisking, and cook until thickened, 1 to 2 minutes. Set aside.

2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and the remaining

1 tablespoon brown sugar in a small bowl. Whisk egg, egg white and buttermilk in a large bowl. Stir in the dry ingredients, apples and bacon until just combined. (The batter will be thick.)

3. Brush a large nonstick skillet with ½ teaspoon oil and place over medium heat until hot. Cooking 4 at a time, use about ¼ cup batter for each pancake and gently spread it to make them about 3 inches in diameter. Cook until the edges are dry and bubbles begin to form, about 2 minutes. Flip the pancakes and cook until golden brown, 1 to 2 minutes more. Repeat with the remaining oil and batter, reducing the heat as necessary to prevent burning. Reheat the cider syrup, if desired, and serve with the pancakes.

**Per serving:** 256 calories; 6 g fat (2 g sat, 3 g mono); 63 mg cholesterol; 40 g carbohydrate; 10 g added sugars; 9 g protein; 2 g fiber; 465 mg sodium; 165 mg potassium.

**Carbohydrate Servings:** 3

**Exchanges:** 1½ starch, ½ fruit, 1 other carbohydrate, 1 fat



## Apple-&-Leek-Stuffed Pork Tenderloin

**Makes:** 4 servings

**Active time:** 1 hour 10 minutes | **Total:** 1 hour 10 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Stuff pork tenderloin with apple and leek to take it from ordinary to elegant. Our easy method of tying the roast together keeps the filling inside while you brown and roast it. We use applejack, brandy made from apple cider, for depth of flavor in the pan sauce, but you can use ½ cup cider if you prefer.

- 2 tablespoons extra-virgin olive oil, plus 1 teaspoon, divided**
- 1 cup chopped leek, white and light green parts only, rinsed**
- 1 sweet apple, such as Braeburn, Honeycrisp or Macoun, peeled and chopped**
- 1 teaspoon chopped fresh thyme, plus 1 sprig, divided**
- ¾ teaspoon salt, divided**
- ¾ teaspoon freshly ground pepper, divided**
- 1-1¼ pounds pork tenderloin, trimmed**
- 2 cloves garlic, peeled**
- ½ cup applejack or apple brandy**
- 2 cups apple cider**
- 2 teaspoons cornstarch**
- 2 teaspoons Dijon mustard**

1. Preheat oven to 450°F.  
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add leek and cook, stirring, until beginning to soften, about 3 minutes. Add apple, chopped thyme, ½ teaspoon salt and ¼ teaspoon pepper and cook, stirring occasionally, until the apple is beginning to soften,

about 2 minutes. Transfer the mixture to a bowl to cool. Rinse out the pan.

3. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open as you would a book. Cover with plastic wrap. With a meat mallet, rolling pin or heavy pan, pound the pork to an even ¼-inch thickness.

4. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends. Tie kitchen string firmly lengthwise around the roast to secure the two ends. Then tie it crosswise with string at 2-inch intervals. Lightly brush the roast with 1 teaspoon oil and sprinkle with the remaining ¼ teaspoon salt and ½ teaspoon pepper.

5. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Reduce the heat to medium and brown the roast on all sides, about 4 minutes total. Transfer the roast

to a rimmed baking sheet (set the pan aside). Place in the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, about 15 minutes. Let rest on a clean cutting board for 5 minutes.

6. Meanwhile, prepare the sauce. Crush garlic with the flat side of a knife. Return the pan to medium-high heat. Add applejack (or apple brandy), thyme sprig and the garlic; bring to a boil and cook for 1 minute. Whisk cider and cornstarch and add to the pan. Return to a boil and cook, stirring occasionally, until thickened and reduced by just over half (to about ¾ cup), 8 to 10 minutes. Remove from the heat; discard the garlic and thyme. Whisk in mustard and any juice from the baking sheet. Slice the pork and serve with the sauce.

**Per serving:** 366 calories; 11 g fat (2 g sat, 7 g mono); 74 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 561 mg sodium; 534 mg potassium. **Nutrition bonus:** Potassium (15% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 1 vegetable, 1½ fruit, 3 lean meat, 1 fat





## Maple-Cinnamon Applesauce

**Makes:** about 3½ cups

**Active time:** 20 minutes | **Total:** 50 minutes

**To make ahead:** Refrigerate for up to 2 weeks or freeze for up to 6 months.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Turn fresh fall apples into delicious maple-and-cinnamon-spiked homemade applesauce with this easy recipe.*

- 6 McIntosh or other tart apples, peeled and cut into 1-inch pieces**
- 2 Golden Delicious or other sweet apple, peeled and cut into 1-inch pieces**
- ¼ cup water**
- 2 tablespoons pure maple syrup**
- ½ teaspoon ground cinnamon**

Combine apple pieces and water in a large saucepan. Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes. Mash the apples to the desired consistency and stir in maple syrup and cinnamon.

**Per ½-cup serving:** 77 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 20 g carbohydrate; 3 g added sugars; 0 g protein; 2 g fiber; 1 mg sodium; 127 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 fruit



## Mom's Apple Squares

**Makes:** 12 servings

**Active time:** 40 minutes | **Total:** 3½ hours (including cooling time)

**To make ahead:** Prepare the crust (Step 1), wrap tightly and refrigerate for up to 2 days or freeze for up to 6 months. | **Equipment:** Parchment paper

Heart Health  Diabetes  Weight Loss  Gluten Free

*Traditional recipes for apple squares often use plenty of trans fat–laden shortening in the crust. We replaced it with a mixture of canola oil and butter and swapped out half the all-purpose flour for whole-wheat pastry flour for a little fiber. They are best enjoyed slightly warm. Gently reheat any leftovers in the oven or toaster oven to recrisp the crust.*

- 1¼ cups whole-wheat pastry flour
- 1¼ cups all-purpose flour
- 2 tablespoons sugar, plus ¾ cup, divided
- ¾ teaspoon salt
- ¼ teaspoon baking powder
- 4 tablespoons cold unsalted butter
- 5 tablespoons canola oil
- ⅓ cup ice water
- 1 large egg, separated
- 4 cups thinly sliced firm tart apples, such as Granny Smith, Empire or Cortland, peeled if desired
- 1 teaspoon ground cinnamon

1. Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar, salt and baking powder in a large bowl. Cut butter into small pieces and quickly rub them into the dry ingredients with your fingers until smaller but still visible. Add oil and toss with a fork to combine. Whisk water and egg yolk in a small bowl. Add to the flour mixture and stir until it begins to come together. Knead the dough with your hands in the bowl a few times until it forms a ball. Divide the dough in half and shape into 5-inch disks. Wrap each in plastic and refrigerate for at least 1 hour.
2. Preheat oven to 400°F. Coat a 9-by-13-inch

- baking pan with cooking spray and line the bottom and sides with parchment paper.
3. Combine apples, the remaining ¾ cup sugar and cinnamon in a large bowl.
4. Roll one portion of dough between sheets of parchment or wax paper into a 9-by-13-inch rectangle. Peel off the top sheet and invert the dough into the prepared pan. Peel off the remaining paper. Trim the dough so it covers just the bottom of the pan. Spread the apple filling evenly over the dough. Using the parchment or wax paper, roll out the remaining dough, invert it over the filling and trim the edges so it just covers the filling. Whisk the egg white in a bowl until frothy and evenly brush over the top crust. Lightly sprinkle the crust with additional sugar, if desired.
5. Bake until golden brown and bubbling, 40 to 45 minutes. Let cool for at least 1 hour before cutting into 12 squares.

**Per serving:** 253 calories; 10 g fat (3 g sat, 4 g mono); 28 mg cholesterol; 37 g carbohydrate; 15 g added sugars; 3 g protein; 2 g fiber; 163 mg sodium; 49 mg potassium.

**Carbohydrate Servings:** 2½

**Exchanges:** 1 starch, 1½ other carbohydrate, 2 fat





## Roasted Pumpkin-Apple Soup

**Makes:** 12 servings, about 1 cup each

**Active time:** 30 minutes | **Total:** 1 hour 10 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.*

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tips)**
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths**
- ¼ cup extra-virgin olive oil**
- 1¼ teaspoons salt, divided**
- ¼ teaspoon freshly ground pepper**
- 1 tablespoon chopped fresh sage**
- 6 cups reduced-sodium chicken broth or vegetable broth**
- ⅓ cup chopped hazelnuts, toasted (see Tips)**
- 2 tablespoons hazelnut oil**

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches.

Season with the remaining ¼ teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**Per serving:** 180 calories; 9 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 3 g protein; 6 g fiber; 525 mg sodium; 569 mg potassium. **Nutrition bonus:** Vitamin A (290% daily value), Vitamin C (40% dv), Potassium (16% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, ½ fruit, 2 fat

**Tips:** To make it easier to cut a pumpkin, acorn squash or other winter squash, pierce in several places with a fork and microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

**To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.**



**Tip:** Lower in protein than regular whole-wheat flour, whole-wheat pastry flour is milled from soft wheat and has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

## Apple-Cinnamon Fruit Bars

**Makes:** 18 bars

**Active time:** 40 minutes | **Total:** 2¾ hours (including 1½ hours cooling time)

**To make ahead:** Cover and refrigerate the crust and topping (Steps 1-2) for up to 1 day. Cover or individually wrap and refrigerate the cooled bars for up to 5 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

*These easy apple-cinnamon fruit bars make a big batch—perfect for fall potlucks and parties.*

### Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- ¾ cup whole-wheat pastry flour (*see Tip*)
- ¾ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract

### Fruit Filling

- 6 cups diced peeled apples, divided
- ½ cup apple cider or orange juice
- ½ cup sugar
- ¼ cup cornstarch
- 1½ teaspoons ground cinnamon
- 1 teaspoon vanilla extract

- 1. To prepare crust:** Combine ¾ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.
- 2.** Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides,

if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ½ cup of the mixture and combine in a bowl with the remaining ¼ cup chopped nuts (or oats). Set aside for the topping.

**3.** Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

**4. To prepare fruit filling & assemble bars:** Combine 4 cups apples, cider (or orange juice), sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla.

**5.** Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

**6.** Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1½ hours.

**Per bar:** 193 calories; 9 g fat (2 g sat, 2 g mono); 19 mg cholesterol; 27 g carbohydrate; 11 g added sugars; 3 g protein; 2 g fiber; 69 mg sodium; 74 mg potassium.

**Carbohydrate Servings:** 2

**Exchanges:** 2 carbohydrates (other), 2 fat





## Apple Oatmeal

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 45 minutes | **Total:** 45 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*In this healthy oatmeal recipe, cook apples into your morning oatmeal and you'll start the day right with whole grains and a serving of fruit.*

- 4** crisp apples, such as Jazz or Pink Lady, divided
- 1** cup steel-cut oats
- 4** cups water
- 3** tablespoons packed brown sugar, divided
- ½** teaspoon ground cinnamon
- ¼** teaspoon salt
- ½** cup nonfat plain Greek yogurt

- 1.** Shred 2 apples using the large holes of a box grater, leaving the core behind.
- 2.** Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.
- 3.** Meanwhile, chop the remaining 2 apples.
- 4.** After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and ¾ teaspoon brown sugar.

**Per serving:** 207 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 46 g carbohydrate; 10 g added sugars; 5 g protein; 4 g fiber; 166 mg sodium; 234 mg potassium. **Nutrition bonus:** Magnesium (16% daily value).





## Mini Apple Pies with Cheddar

**Makes:** 1 dozen

**Active time:** 1 hour | **Total:** 2 hours

**To make ahead:** Prepare crust (Step 2) and topping (Step 6), cover and refrigerate separately for up to 3 days.

**Equipment:** Muffin tin with 12 (½-cup) cups

Heart Health
  Diabetes
  Weight Loss
  Gluten Free

Here's a healthy—and adorable—twist on deep-dish apple pie. This mini apple pie recipe will give you just a bit of something sweet and the melted wedge of Cheddar on top is a nod to the New England tradition of serving cheese with apple pie.

### Crust

- ⅔ cup pecans
- 6 tablespoons granulated sugar
- ½ teaspoon salt
- 1¾ cups white whole-wheat flour (see *Tip*) or all-purpose flour
- 6 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg, lightly beaten
- 1 tablespoon water

### Filling

- 4 large crisp, sweet apples, such as Honeycrisp or Gala, unpeeled, diced
- ⅓ cup packed light brown sugar
- 3 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 tablespoon white whole-wheat flour or all-purpose flour

### Topping

- ½ cup old-fashioned rolled oats
- 2 tablespoons white whole-wheat flour or all-purpose flour
- 2 tablespoons packed light brown sugar
- 2 tablespoons canola oil
- ¼ teaspoon ground cinnamon
- Pinch of salt
- 12 small wedges Cheddar cheese (about 3 ounces)

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray.
2. **To prepare crust:** Combine pecans, granulated sugar and salt in a food processor; pulse until the nuts are finely ground. Add 1¾ cups flour; pulse to combine. With the motor running, add butter a few pieces at a time until well incorporated. Then add egg and water and process until starting to clump together. Using about ¼ cup each, press the dough into the bottom and all the way up the sides of each muffin cup to form a crust. Prick the bottom with a fork.
3. Bake until the crusts are set and the edges are just beginning to brown, 6 to 8 minutes. Let cool on a wire rack.
4. Reduce oven temperature to 350°.
5. **To prepare filling:** Combine apples, ⅓ cup brown sugar, lemon juice, 1 teaspoon cinnamon and nutmeg in a large saucepan. Place over medium-high heat and cook, stirring frequently, until the sugar melts, about 1 minute. Reduce the heat to medium, cover and cook, stirring occasionally, just until the apples start to soften, 6 to 8 minutes. Remove from the heat and stir in 1 tablespoon flour. Divide the filling among the crusts (about 2 tablespoons each).
6. **To prepare topping:** Combine oats, 2 table-

spoons each flour, brown sugar and oil, ¼ teaspoon cinnamon and pinch of salt in a medium bowl. Press the topping onto each mini pie (about 1 tablespoon each).

7. Bake until the topping is beginning to brown, 20 to 25 minutes. Remove from the oven and nestle a cheese wedge in the center of each pie. Return to the oven and bake until the cheese is melted, about 5 minutes more. Let cool at least 15 minutes before serving. Run a sharp knife around the edge of each mini pie to loosen it, then gently pry from the muffin tin with a butter knife. Serve warm.

**Per mini pie:** 318 calories; 15 g fat (6 g sat, 6 g mono); 38 mg cholesterol; 43 g carbohydrate; 15 g added sugars; 6 g protein; 5 g fiber; 163 mg sodium; 171 mg potassium. **Nutrition bonus:** Iron (18% daily value).

**Tip:** Bake with white whole-wheat flour, made from a special variety of white wheat, and whole-wheat pastry flour, milled from soft wheat and containing less gluten. Both provide the nutritional benefits of whole grains. Find them in large supermarkets, natural-foods stores and online at [bobsredmill.com](http://bobsredmill.com) and [kingarthurflour.com](http://kingarthurflour.com). Store in the freezer.

# About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

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## About EatingWell health tags

A recipe checked...

**Heart Health** has limited saturated fat.

**Diabetes** is low in calories and meets limits for Carbohydrate Servings.

**Weight Loss** has reduced calories (and limited saturated fat).

**Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Ken Burris (pages 1-7); Erica Allen (page 8); Peter Ardito (page 9).*

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