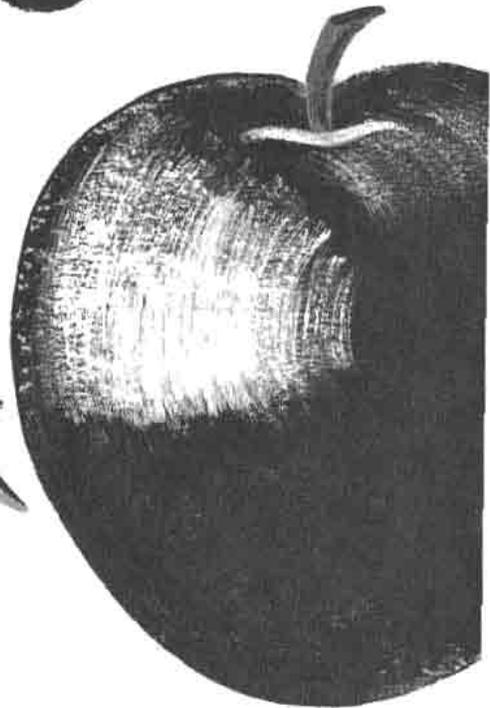
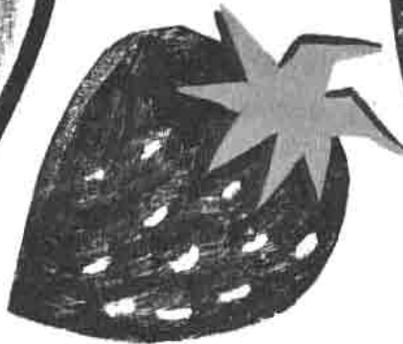
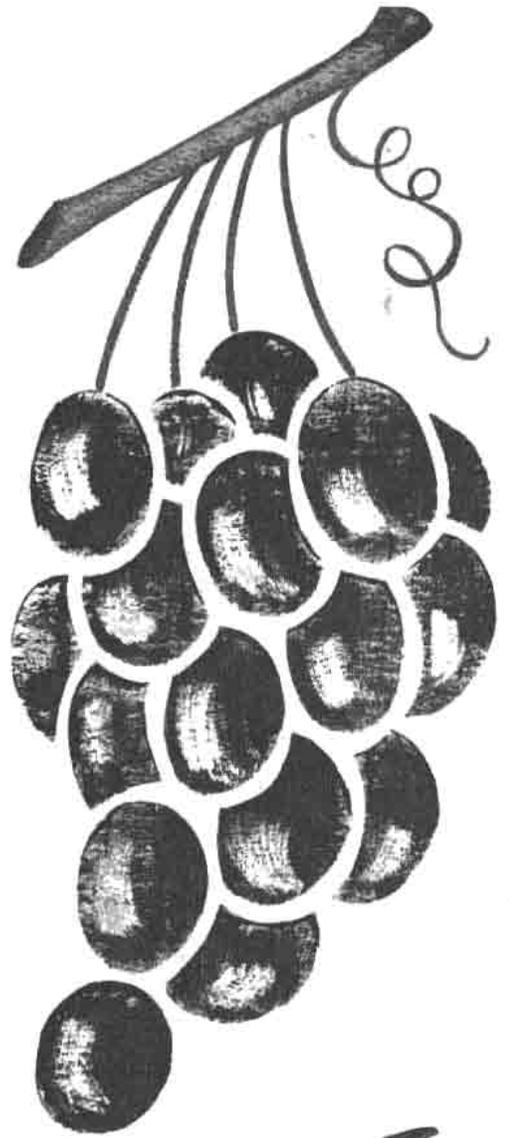


FRUITS in Family Meals

**A GUIDE FOR
CONSUMERS**



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Delight your family with a variety of flavorful fruits. They're bright in color and valuable for the vitamins and minerals they contain.

All fruits contain some vitamin C—but in varying amounts. Fruits rich in vitamin C include oranges, grapefruit, cantaloups, papayas, and strawberries.

Fruits containing smaller but worthwhile amounts of vitamin C are fresh apricots, avocados, bananas, blackberries, blueberries, honeydew melon, pineapple, red raspberries, tangerines, and watermelon.

For vitamin A, serve cantaloup or apricots. Dried apricots are a concentrated source of vitamin A.

Good sources of iron include dried fruits such as raisins, dates, prunes, peaches, and apricots. A ½-cup serving of most dried fruits provides at least one-sixth of the iron recommended for the normal healthy person per day.

Count as a serving—

- One medium-size apple, banana, orange, peach, or pear.
- Two or three apricots, figs, or plums.
- One-half cup fruit and liquid.

Serve fruits liberally—especially those rich in vitamin C. Most of them are available in one form or another the year round.

Most fresh, raw, unsweetened fruits contain fewer than 100 calories per serving. Sweetened frozen fruits and fruits canned in heavy sirup, however, are considerably higher in calories. Some canned fruits are now packed in natural fruit juice with no sugar added.

In the pages that follow, you'll find tips on buying and storing fruits, suggestions for serving raw fruits, and directions for cooking fruits.

Also included are recipes featuring fruits in appetizers, salads and salad dressings, breads, desserts, and beverages.

BUYING FRUITS

Strawberry shortcake in December—lemon chess pie in June—fresh pineapple almost any day. The choice is yours—from a

variety of fresh, frozen, canned, and dried fruits.

Here are tips to help you in selecting fruits.

Fresh Fruits

Fresh fruit is generally highest in quality and lowest in price when in season. Choose only sound, fresh fruit.

For more information, see Home and Garden Bulletin 141, "How to Buy Fresh Fruits," available from U.S. Department of Agriculture, Washington, D.C. 20250. Include your ZIP Code with your address.

Frozen Fruits

Frozen fruit has much the same flavor as fresh fruit, but the texture often changes during freezing.

Frozen fruits usually cost more than canned fruits or fresh fruits in season.

Buy reliable brands from a reputable dealer who has a quick turnover of frozen foods.

Check to see if there is a thermometer in the frozen-food cabinet. The temperature should be 0° F. or below, to maintain high quality of food stored there.

Choose clean, firm packages. If the packages are soft, the food has already lost quality. Observe the color of fruit packaged in transparent plastic bags. Fruit that has a bright natural color will taste better and be of better quality than fruit with darkened color.

Select your frozen foods last when grocery shopping. See that frozen foods are protected in insulated or double paper bags until you get them into your home freezer or refrigerator.

Canned Fruits

Canned fruits are ready to serve, and need not be refrigerated before opening.

Buy them according to grade if possible. U.S. Government grades for canned fruits follow.

U.S. Grade A or U.S. Fancy

U.S. Grade B or U.S. Choice

U.S. Grade C or U.S. Standard (Thrift quality)

Grades are based on color, texture, flavor, shape, uniformity of size, and freedom from defects. The higher grades are more attractive in appearance, but cost more than the lower grades. Nutritive values are not necessarily related to grade, so the lower grades at lower prices are often better buys.

Read the labels on canned fruits. Nutritional information may be included. Government regulations require that processors state on the label the style of pack, packing medium, and type or variety of fruit. This information helps you choose canned fruits for specific uses.

Fancy pineapple spears or peach halves dress up a salad. But when appearance is less important, as in a gelatin dessert or a cobbler, the broken slices of pineapple or irregular pieces of peach serve just as well and cost less.

Pitted sweet cherries cost more than unpitted ones but are more convenient to use.

Canned clingstone peaches usually cost less than freestone peaches. The clingstones are firm in texture and attractive in ap-

pearance, and are desirable in some dishes. Canned freestone peaches do not hold their shape as well as clingstones but have a more pronounced flavor and are delicious in pies and cobblers.

Fruits are generally available packed in light or heavy sirup as well as in their own juice without added sugar.

For desserts, you may prefer fruit canned in heavy sirup. But for salads, fruit canned in light sirup or in its own juice is just as good. The sirup or liquid can be used in gelatin salads or desserts without adding too much sweetness.

Water-pack fruits and fruits canned with non-nutritive sweeteners help dieters cut calories.

Canned fruit-pie fillings—already thickened, sweetened, and spiced—save time.

Dried Fruits

Dried fruits offer several advantages. They need little storage space. They're relatively light in weight, and pack well for lunches and trips. They can be eaten without cooking.

U.S. Government grades have been established for dried fruits but rarely appear on package labels. If the dried fruits are in see-through packages, you can judge quality somewhat by appearance. Look for apples, apricots, peaches, and pears that are bright in color. All dried fruits should feel firm but pliable.

The sizes of dried fruits—"small," "medium," "large," and

"extra large"—are marked on retail packages. Choose fruit size according to use. For example, use larger sizes of dried fruit in salads in which the fruit should be whole, and smaller sizes in recipes calling for mashed or chopped fruit.

Purchase Units

Canned fruits and juices come in a variety of can sizes. For most fruits, the common purchase unit is the 16-ounce can. Peaches and pears, however, are often bought in the 29-ounce can. For a small family—one or two persons—the 8½- or 8¾-ounce can may be a good choice.

Can sizes most commonly available and the approximate amount of fruit or juice in each are:

Net weight or volume Approximate contents

Fruits:

8½ or 8¾ ounces	—	1 cup
16 ounces	-----	1¾ to 2 cups
20 ounces	-----	2¼ to 2½ cups
29 ounces	-----	3¼ to 3½ cups
98 to 108 ounces	---	12 to 13 cups

Juices:

6 to 8 fluid ounces	—	¾ to 1 cup
12 fluid ounces	----	1½ cups
1 pint	-----	2 cups
1 pint 2 fluid ounces	-----	2¼ to 2½ cups
1 quart	-----	4 cups
1 quart 14 fluid ounces	-----	5¾ cups
3 quarts	-----	12 cups

Frozen fruits also come in a variety of package and can sizes. For fruits listed below, popular sizes are:

Canned

A 16-ounce can of fruit yields about four half-cup servings if the liquid is served with the fruit; two or three servings if the fruit is drained.

A 29-ounce can yields about seven half-cup servings if liquid is served with fruit; four or five servings if the fruit is drained.

Dried

Dried fruits increase considerably in weight and volume during cooking because they absorb water. To estimate the servings from a family size package, see the guide to simmering dried fruits, page 16.

STORING FRUITS

Fresh Fruits

Many fresh fruits remain at their best for only a few days. Other fruits, if stored properly, may keep for months. But all fruits require careful handling and storage to conserve quality.

Before storing fruits, sort them and either use or discard damaged fruits immediately. Most fruits (except berries and cherries) should be washed and dried before storing.

Unripe fruits should be left to ripen in open air at room temperature and out of direct sunlight.

Some fruits will not ripen further after picking, for example, grapes, pineapple, and watermelon.

The length of time that a fresh fruit will retain high quality under home storage conditions varies with the condition of the fruit when purchased (or harvested, if the fruit is home-grown).

In refrigerator

Here is a list of whole fresh fruits that may be stored in the

refrigerator, and the time they can be held for high quality:

- Apples, eating ripe—1 week.
- Apricots—3 to 5 days.
- Blackberries—1 or 2 days.
- Blueberries—3 to 5 days.
- Cherries—1 or 2 days.
- Cranberries—1 week.
- Figs—1 or 2 days.
- Grapes—3 to 5 days.
- Nectarines—3 to 5 days.
- Peaches—3 to 5 days.
- Pears—3 to 5 days.
- Plums—3 to 5 days.
- Raspberries—1 or 2 days.
- Rhubarb—3 to 5 days.
- Strawberries—1 or 2 days.
- Watermelons—3 to 5 days.

Other directions

Avocados, mangos, and papayas should be held at room temperature to ripen. Refrigerate ripe avocados and use as soon as possible. Fully ripe mangos and papayas should be held at about 60° F. and used as soon as possible.

Bananas should be held at room temperature to ripen. Ripe bananas may be stored in the refrig-

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Bananas should be held at room temperature to ripen. Ripe bananas may be stored in the refrig-

erator. Skin will darken but flesh will remain flavorful and firm. Use within 3 to 5 days.

Berries and cherries are especially perishable and should be refrigerated as soon as possible. Do not wash them before putting in refrigerator. Leave stems on cherries and caps on strawberries. Sort carefully and place loosely in shallow containers so that air can circulate and the berries or cherries on top do not crush those on the bottom.

Citrus fruits are best stored at a cool room temperature (60° to 70° F.). Use within 2 weeks. These fruits may also be stored uncovered in the refrigerator. If they are held too long at cold temperatures, however, the skin may become pitted and the flesh may discolor.

Melons (except watermelons) may be stored at room temperature if they are underripe. Ripe melons should be refrigerated and used within a short time.

Pineapples should be used promptly after purchase. If necessary to hold them for a day or two, keep them in the refrigerator. Once cut, pineapple may be stored in a covered container 2 to 3 days.

Frozen Fruits

Store frozen fruits at 0° F. or below if you plan to keep them more than a few days. A home freezer, freezer locker, or freezer section of a refrigerator-freezer combination usually can maintain a temperature of 0° F., but the

freezing compartments of most home refrigerators cannot.

Frozen fruits may retain high quality for as long as 12 months when stored at 0° F. or below.

Most home-frozen fruits keep high quality for 8 to 12 months at 0° F. or below. Home-frozen citrus fruits and juices, however, maintain high quality for only 4 to 6 months.

Frozen concentrated juices should be used within 2 or 3 days after they have been opened and reconstituted.

For more information on home freezing of fruits and storing frozen fruits consult Home and Garden Bulletin 10, "Home Freezing of Fruits and Vegetables," and Home and Garden Bulletin 69, "Home Care of Purchased Frozen Foods".¹

Canned Fruits

Canned fruits stored in a cool, dry place will retain their best quality for as long as a year from date of purchase. When stored too long or at too high a temperature, canned fruits lose quality. They are still safe to eat, however, if the seal is not broken.

Freezing does not make canned fruits unsafe to eat unless it breaks the seal of the container and lets in bacteria that cause spoilage.

Dampness may cause rusting of cans, but—unless there are per-

¹ Available from Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Include ZIP Code with your address.

forations — contents are not harmed.

You can leave fruits and fruit juices in opened tin cans if you cover them and store them in the refrigerator. Some acid fruits and juices, however, may acquire a metallic taste that, though harmless, is unpleasant.

Use canned fruits and juices within 2 or 3 days after opening. Highly acid fruit juices, such as orange and grapefruit juices,

will lose very little of their vitamin C in that time.

Dried Fruits

Dried fruits stored in tightly closed containers will keep well at room temperature for several months. During hot, humid weather, however, dried fruits should be refrigerated.

Store cooked dried fruits in covered containers in the refrigerator. Use within a few days.

USING FRUITS IN YOUR MEALS

Preparing Fresh Fruits

Wash fresh fruits thoroughly, whether you serve them raw or cooked. Wash berries in a colander under gently running cold water. Trim away small bruises and injured areas; discard fruits that are too soft or are decayed.

When you pare apples and pears, make parings as thin as possible. The skin of ripe peaches and apricots sometimes adheres tightly. To loosen it for peeling, dip the fruit into boiling water for about 45 seconds, then into cold water. You can then grasp the loosened skin of the fruit. Peel gently, using the dull edge of a knife.

To prepare orange or grapefruit halves, run a sharp knife around each section to loosen it from the membrane and skin. If you peel the whole fruit, remove all of the white inner peel with a sharp knife.

Some fruits—apples, peaches,

pears, and bananas—turn brown if allowed to stand after they have been cut or peeled. To minimize discoloration, dip these fruits into citrus fruit juice (lemon, lime, orange, or grapefruit) or pineapple juice.

Serving Raw Fruits

Fruit appetizers. — Combine several fresh fruits in a fruit cup.



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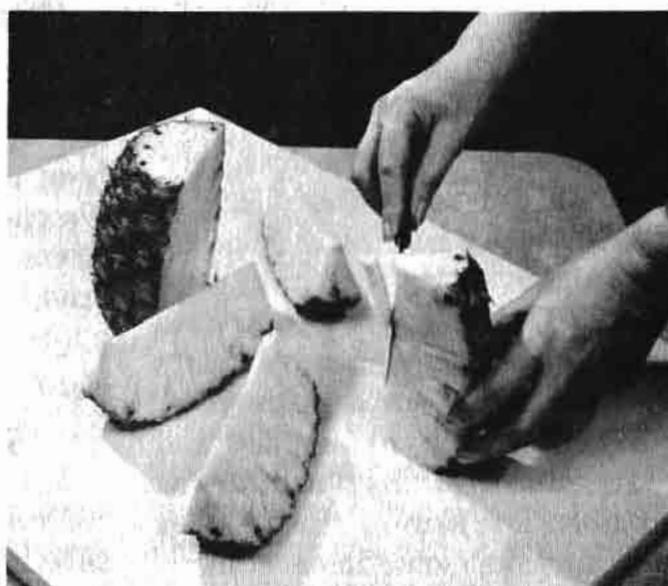
See directions on how to peel fresh peaches at left.

How To Prepare Fresh Pineapple



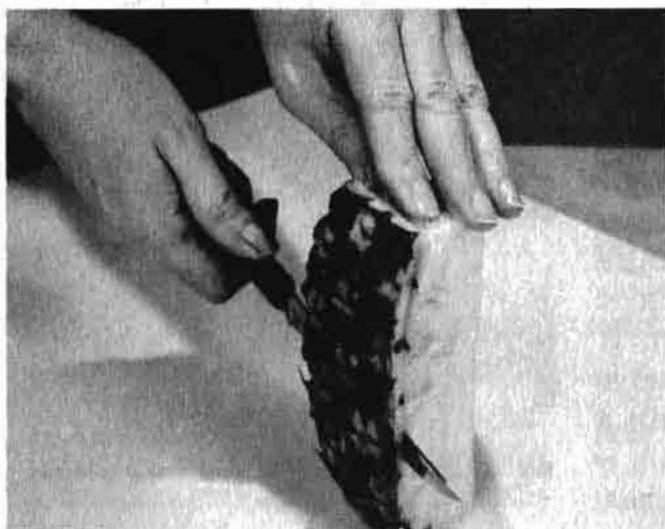
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Using a thin, sharp knife, cut off stem end and bottom of pineapple.



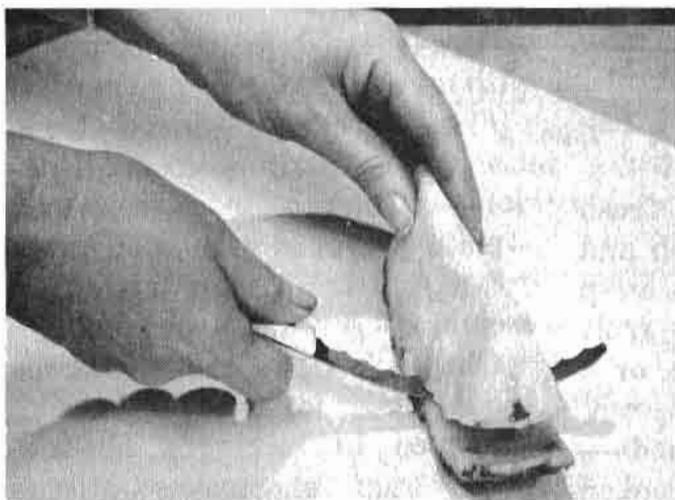
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Set pineapple on end and cut lengthwise into eight wedges. Cut core from each wedge, as shown.



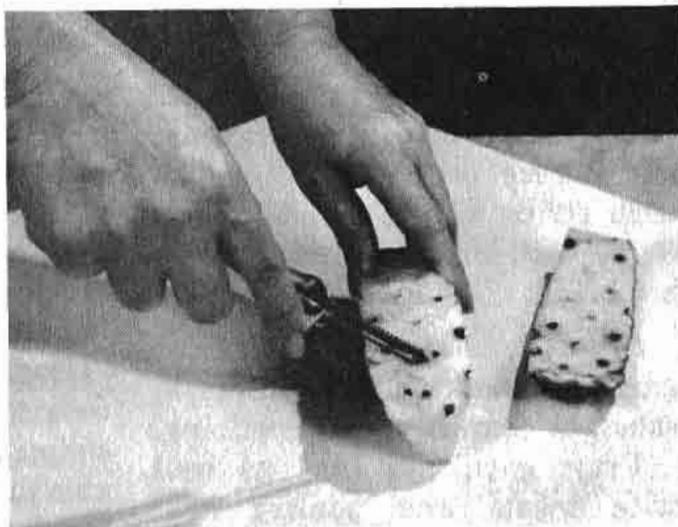
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Insert knife about $\frac{1}{2}$ inch from the outer edge of each wedge. Pare skin in one piece.



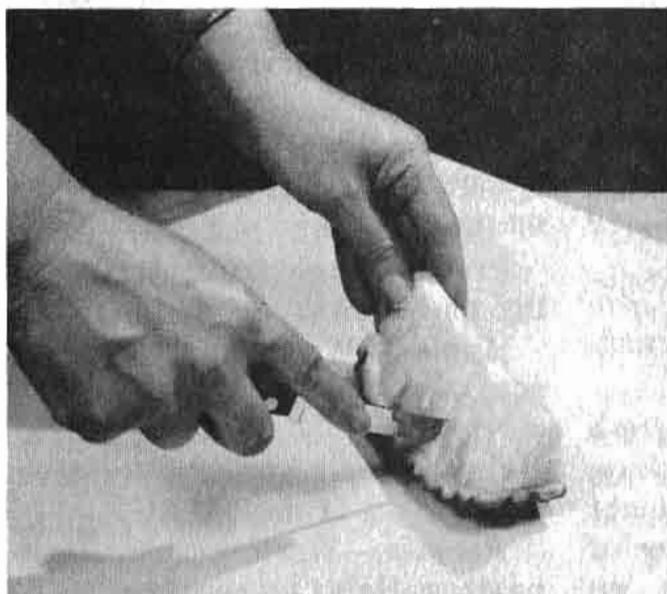
BN-28538

Or for easy paring, use a knife that has a curved blade as shown at left.



BN-28539

Cut out the remaining eyes. Use a sharp-pointed vegetable parer or the point of a paring knife.



BN-28540

Then, if you like, replace fruit in the shell and slice vertically into serving-size chunks

Or try a combination of fresh and frozen or canned fruits. A tablespoon of fruit liqueur adds a festive touch to fresh fruit cups.

Fruit salads.—Arrange fresh fruits, or a mixture of fresh and canned or frozen fruits, on crisp greens. Serve with a tangy fruit salad dressing, mayonnaise, or a mild french dressing. Try combining fruits with other foods—crisp raw vegetables, cooked meats and poultry, cheese, nuts, or cooked seafood. Recipes begin on page 17.

Fruit plates.—Arrange several fruits on a bed of crisp greens; add cheese or sherbet. Garnish with strips of preserved ginger. Serve with small sandwiches or a hot bread.

Fruit garnishes.—A fresh fruit garnish makes many a main dish, salad, or dessert more appetizing.

Fruit garnishes that go well with meats and poultry are: Whole cranberry sauce in orange cups, broiled peach halves (p. 14), pan-fried apple rings (p. 14), pineapple spears, and orange slices.

With appetizers, salads, and desserts, try thin slices of lemon and lime, melon balls, large whole strawberries, or frosted green grapes.

To frost grapes, wash well, dip first in lemon juice, then in granulated sugar.

Fruit snacks.—Choose fresh fruits to eat alone or with cookies, milk, ice cream, or cheese. Weight watchers find that a serving of fresh fruit—an apple or an

orange—often satisfies hunger without adding too many calories.

Fruit desserts.—Serve fresh raw fruits singly or in combination—sweetened or unsweetened—plain or topped with milk, sweet cream, sour cream, whipped cream, or shredded coconut.

Chopped ripe fruits can be spooned over ice cream or sherbet—heaped in meringue shells—piled atop shortcakes—stirred into puddings—or folded into gelatin desserts.

Simmering Fresh Fruits

Fresh fruits cooked in a sugar sirup add variety to meals.

Use only enough sugar to bring out the flavor of the fruit; too much sugar masks delicate flavors.

Sugar is generally added before cooking to help fruit keep its shape. Sugar makes the fruit less able to absorb moisture. However, for fruits that hold their shape, sugar can be added to water the last few minutes of the cooking period.

Cook the fruit only until tender. This helps retain color, flavor, and nutrients.

For further information on simmering fresh fruits, see guide on page 11.

Prepare fresh fruits for cooking as follows:

Apples.—Wash apples; pare, core, and slice.

Apricots. — Wash apricots. Halve and pit apricots or leave whole. Peel if desired.

Peaches.—Wash, peel, and pit peaches. Halve or slice.

Guide to Simmering Fresh Fruits

Kind of Fruit	Amount of fruit, as purchased	Amount of water	Amount of sugar ¹	Cooking time after adding fruit	Approximate number of $\frac{1}{2}$ -cup servings
	<i>Pound</i>	<i>Cup</i>	<i>Cup</i>	<i>Minutes</i>	
Apples -----	2	$\frac{1}{2}$	$\frac{1}{4}$	8-10	6
Apricots -----	1 $\frac{1}{2}$	$\frac{1}{2}$	$\frac{3}{4}$	5	6
Peaches -----	1 $\frac{1}{2}$	$\frac{3}{4}$	$\frac{3}{4}$	5	6
Pears:					
Soft varieties --	2	$\frac{2}{3}$	$\frac{1}{3}$	10	6
Firm varieties --	2	$\frac{2}{3}$	$\frac{1}{3}$	20-25	6
Plums -----	1	$\frac{1}{2}$	$\frac{2}{3}$	5	6

¹ For fruit of medium tartness. For very tart fruit, add more sugar.

Pears.—Wash pears; pare, core, and halve or slice.

Plums.—Wash plums but do not peel. Halve and pit plums or leave them whole.

Follow this general cooking method for fresh fruits:

Mix sugar and water and bring to a boil.

Add fruit to boiling sirup. Cover and return to boiling; then reduce heat until sirup just simmers.

Cook until fruit is tender but not mushy. Stir as little as possible to avoid breaking fruit.

NOTE: When cooking *firm* varieties of pears, do not add sugar until the last 10 minutes of cooking.

VARIATIONS

For extra flavor in simmered fruits, add—

- A few cinnamon candies to sirup. (Good with apples and pears.)

- A few sprigs of fresh mint.

- A teaspoon of fresh (grated) or dried orange or lemon peel during last few minutes of cooking.

- A stick of cinnamon and a few cloves to sirup.

Making Fruit Sauces

You can make delicious sauce from apples, cherries, cranberries, peaches, or rhubarb.

Serve applesauce or rhubarb sauce as a simple dessert. Cranberry sauce and applesauce are good with meats and poultry. Cherry sauce and peach sauce make colorful toppings for ice cream, puddings, sponge cake, or angelfood cake.

When making most fruit sauces, you cook the fruit in water—to soften it—before adding the sugar. But for cranberry sauce, add sugar to water at beginning of cooking period.

In the cooking guide on page 12, the amounts of water and

Guide to Making Fresh Fruit Sauces

Kind of fruit	Amount of fruit, as purchased	Amount of water	Amount of sugar ¹	Cooking time after adding fruit	Approximate yield
	Pounds	Cups	Cups	Minutes	Cups
Apples -----	2	½	¼	12-15	3
Cherries -----	1	¾	½	5	2
Cranberries -----	1	2	2	15	4 (whole) 3 (strained)
Peaches -----	1	¾	½	5-8	2
Rhubarb -----	1½	¾	¾	2-5	3

¹ For fruit of medium tartness. For very tart fruit, add more sugar.

sugar are for fruit of medium juiciness and tartness. You may need to adjust these amounts because fruit varies in juiciness and tartness.

Directions for making fruit sauces:

Applesauce

Wash apples; core and slice. For an attractive pink sauce, leave skins on red apples. If you don't intend to strain the applesauce, pare the apples.

Add apples to boiling water. Cover and return to boiling; then reduce heat until water just simmers.

Cook over low heat until apples are tender. Stir occasionally to prevent sticking.

Remove from heat. For a smooth sauce, put apples through a strainer or food mill.

Add sugar and mix well.

Cherry sauce

Use either sweet or sour cherries. Adjust amount of sugar ac-

ording to tartness of cherries.

Wash, sort, stem, and pit cherries.

Bring water to a boil.

Add cherries, cover, and return to boiling. Reduce heat until water just simmers.

Cook over low heat, stirring occasionally, until cherries are tender.

Stir in sugar; simmer 1 minute longer.

Cranberry sauce

Wash and sort berries.

Mix sugar and water. Bring to a boil.

Add berries to boiling sirup.

Cook over low heat until berries pop.

Put sauce through a strainer or food mill or leave berries whole, as desired.

Peach sauce

Wash, peel, pit, and slice peaches. Follow cooking directions for cherry sauce.

Rhubarb sauce

Wash rhubarb; trim away coarse or leafy portions. Cut stalks into 1-inch slices. Follow cooking directions for cherry sauce.

VARIATIONS

To vary or enhance flavor, add—

- A little ground cinnamon or nutmeg to applesauce, peach sauce, or cherry sauce.

- One-half teaspoon of grated lemon rind to applesauce, sweet cherry sauce, cranberry sauce, or peach sauce.

- Two or three tablespoons of thawed frozen raspberry-lemon concentrate to applesauce. Taste before sweetening.

Baking Fresh Fruits

Baked apples

Preheat oven to 400° F. (hot).

Wash and core apples. (For six servings use six apples.) Apples may be baked whole, with skins on, or halved and pared. If apples are baked in skins, pare them one-third of the way down or slit skins around apples about half way down. This helps keep apples from bursting.

Arrange apples in baking dish. For six apples mix together $\frac{1}{2}$ cup honey or sugar, $\frac{1}{2}$ cup raisins if desired, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ teaspoon nutmeg. Fill centers of apples with this mixture. Dot each apples with $\frac{1}{2}$ teaspoon butter or margarine.

Pour 1 cup water around apples to prevent sticking.

Bake, uncovered, 45 to 60 minutes or until apples are tender. If apples seem dry, baste frequently with liquid in pan.

Baked peaches

Preheat oven to 400° F. (hot).

Wash and peel fruit. (For six servings use six peaches.) Halve fruit and remove pits. Arrange fruit hollow side up in a shallow baking dish.

Mix $\frac{1}{2}$ cup boiling water, $\frac{1}{4}$ cup sugar, and 2 teaspoons lemon juice. Pour over fruit and sprinkle with 2 tablespoons brown sugar.

Bake, uncovered, until tender, or about 30 minutes.

Baked pears

Preheat oven to 400° F. (hot).

Wash, pare, halve, and core firm pears. (For six servings use six pears.) Arrange pears, hollow side up, in a shallow baking dish.

Mix $\frac{1}{2}$ cup boiling water, $\frac{1}{4}$ cup brown sugar, and 2 teaspoons lemon juice.

Pour over pears and sprinkle with 2 tablespoons brown sugar and $\frac{1}{2}$ teaspoon cinnamon.

Bake, uncovered, until tender—45 to 60 minutes.

Broiling Fresh Fruits

Broiled apple rings, bananas, and peaches go well with meats. During broiling, watch fruit carefully to avoid scorching. Place broiler rack at height recom-

mended by the manufacturer of your range.

Broiled apple rings

Wash and core apples; slice $\frac{1}{4}$ inch thick. (For six servings use three large apples.) Arrange slices on foil-lined broiler pan.

Brush apple slices with lemon juice and, if desired, melted butter or margarine.

Broil about 4 minutes.

Turn and brush other side with lemon juice, and with melted butter or margarine if desired.

Sprinkle with mixture of 1 tablespoon sugar and $\frac{1}{4}$ teaspoon cinnamon.

Broil about 2 minutes longer.

Broiled bananas

Peel all-yellow or green-tipped bananas; leave whole. (For six servings use six bananas.)

Proceed as for broiled apple rings. Broil about 2 minutes on each side.

With peanuts.—Sprinkle bananas with finely chopped peanuts before broiling the second side.

Broiled grapefruit

Wash and halve grapefruit. Remove core and seeds. Use one-half grapefruit for each serving.

Place 1 teaspoon of granulated sugar, brown sugar, maple sirup, or kirsch on each half. Top with cherry in center if desired.

Place on foil-lined broiler pan and broil 3 to 5 inches from heat for about 10 minutes or until topping is bubbly.

Broiled peaches

Wash, peel, halve, and pit peaches. (For six servings use six peaches.)

Proceed as for broiled apple rings. Broil about 8 minutes on first side and 3 to 5 minutes on second side, or until golden brown.

With jelly.—Broil rounded side of peach halves first; then put $\frac{1}{2}$ teaspoon jelly in each hollow before broiling the second side.

Pan Frying Fresh Fruits

Pan-fried fruits—lightly browned in butter or margarine—make deliciously different accompaniments for meats. Choose from pan-fried apple rings, bananas, peaches, or pineapple rings.

Pan-fried apple rings

Wash and core apples; slice $\frac{1}{2}$ inch thick. (For six servings use three large apples.)

Melt 3 tablespoons butter or margarine in frypan. Fry apples over moderately low heat until tender, turning to brown evenly, about 10 to 12 minutes.

Sprinkle apples with mixture of 1 tablespoon sugar and $\frac{1}{4}$ teaspoon cinnamon before serving.

Pan-fried bananas

Peel all-yellow or green-tipped bananas and cut in half crosswise. (For six servings use six bananas.)

Cook as directed for apple rings, about 8 to 10 minutes.

Sprinkle lightly with salt.

Pan-fried peaches

Wash, peel, halve, and pit peaches. (For six servings use six peaches.)

Cook as directed for apple rings, about 12 to 15 minutes.

Sprinkle with mixture of 1 tablespoon sugar and $\frac{1}{4}$ teaspoon cinnamon.

Pan-fried pineapple

Pare, slice, and core fresh pineapple. (For six servings use six slices pineapple.)

Cook as directed for apple slices, about 10 to 12 minutes.

Sprinkle with 2 tablespoons brown sugar.

Frozen Fruits

Thaw frozen fruits in the unopened package, in the refrigerator, at room temperature, or in a pan of cool water.

Many fruits are packed in quick-thaw pouches. Follow directions on the package for thawing these fruits.

Sweetened fruits thaw faster than unsweetened ones. Thawing is more uniform if the package is turned over several times during thawing.

It's a good idea to serve frozen fruits with some ice crystals still in them; the texture will be firmer—more like that of fresh fruits.

If you plan to cook frozen fruits, thaw them until the pieces can be separated. Cook frozen cranberries and rhubarb according to directions on package. To cook other fruits, bring the fruit

to a boil. Don't add water unless it is needed to prevent scorching. The liquid from the frozen fruit may be enough. Simmer the fruit until it is tender. Add sugar if needed.

Canned Fruits

Canned fruits are ready to serve as they come from the can. If you like, you can chill them in the refrigerator before serving. Whenever possible, serve the liquid with the fruits because it contains valuable nutrients. If the recipe calls for drained fruit, save the liquid and use it in fruit drinks or in fruit gelatin.

For variety, canned peaches, pears, and pineapple may be baked, broiled, or pan fried. Follow directions for fresh fruits, pages 13 to 15. Bake only until fruits are heated through; broil or pan fry only until fruits are lightly browned.

Dried Fruits

Dried fruits are often cooked before serving. Some should be washed before they are used; follow washing instructions on package.

Dried fruits do not need to be soaked before cooking. Cooked dried fruits are plumper and more flavorful if they are refrigerated for several hours before serving.

Follow these general directions for cooking dried fruits:

Wash fruit, place in saucepan, and add water to cover. Bring to a boil.

Guide to Simmering Dried Fruits

Kind of fruit	Amount of fruit	Amount of water	Amount of sugar	Cooking time	Approximate
					number of ½-cup servings ¹
	Ounces	Cups	Cups	Minutes	
Apples -----	8	3½	⅓	10	8
Apricots -----	8	2¼	⅓	10	6
	11	3	½	10	8
Mixed fruits --	8	2¼	¼	20	5
	11	3	⅓	20	7
Peaches -----	8	3	⅓	25	6
	11	4	½	25	8
Pears -----	8	2	⅓	25	4
	11	3	¼	25	6
Prunes, unpitted ----	16	4	¼	25	9
	32	8	½	25	19

¹ Fruit and liquid.

Cook fruit slowly until plump and tender. See guide above.

If more sweetening is needed, add sugar at the end of the cooking period. Adding sugar at the beginning makes the fruit less able to absorb moisture and become tender.

VARIATIONS

For extra flavor in cooked dried fruits, add—

- A stick of cinnamon and a few cloves at the beginning of cooking.

- One teaspoon of grated lemon or orange rind at the beginning, or ¼ cup of frozen orange juice concentrate near the end of the cooking period.

- One-half cup raisins to dried apples, apricots, or mixed fruits before cooking.

Leftover Fruits

Many fresh, *raw fruits* darken and lose flavor within a few hours after they are cut, peeled, or pared. Leftover raw fruits can be—

- Baked (see p. 13).
- Simmered (see p. 10).

- Added to gelatin salads or desserts. (Do not add fresh or frozen raw pineapple to gelatin, however. Fresh pineapple contains an enzyme that prevents gelling.)

Frozen fruits also lose quality rapidly after thawing. Leftover thawed peaches, for example, soon change flavor and darken. Cook and refrigerate these leftovers.

Frozen berries should be eaten soon after thawing. Leftover frozen berries can be cooked as

a sauce for ice cream or pudding, or added to a gelatin salad.

Leftover *canned or cooked fruits* are good in fruit cups,

salads, gelatin desserts, and puddings, or over ice cream or cake. Use leftover liquid from canned fruits in gelatin or beverages.

RECIPES

Enliven family meals with tempting fruit dishes. The recipes in this section feature fruits in—

- Appetizers.
- Salads and salad dressings.
- Breads.
- Desserts.
- Beverages.

Calorie values per serving are given for each recipe. Ways to reduce calories are suggested in many recipes.

Appetizers

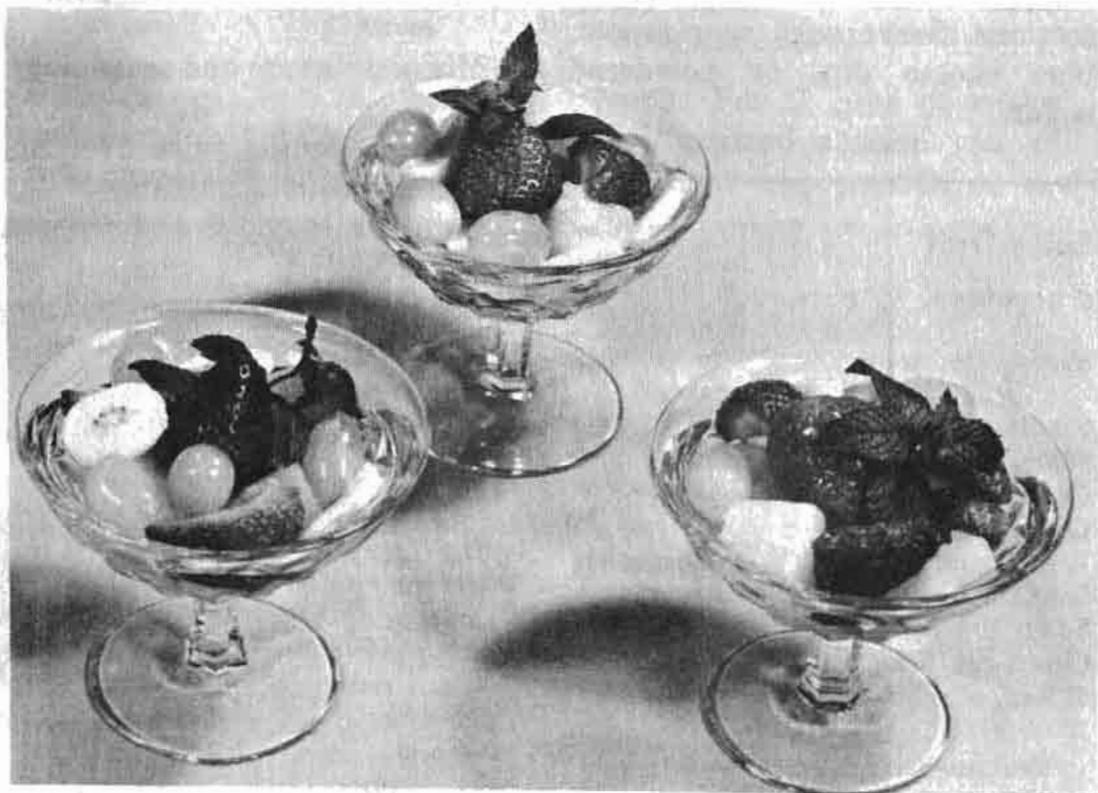
Minted fruit cup

6 servings, 1/2 cup each

Banana slices	1 cup
Lemon juice	1 tablespoon
Fresh strawberries, halved	1 cup
Seedless grapes, whole	1/2 cup
Pineapple chunks, drained	3/4 cup
Mint sirup (p. 32)	1/2 cup
Mint leaves	Few sprigs

Coat banana slices with lemon juice.

Lightly mix fruits in large bowl.



BN-28582

Get your dinner off to a good start with minted fruit cup, a cool and refreshing appetizer.

Pour sirup over fruits.
Chill about 30 minutes.

Garnish with mint leaves and serve immediately.

Calories per serving: About 90.

Fruit Appetizers in Minutes

● Dip banana chunks in lemon juice and roll in finely chopped nuts. Spear on toothpicks.

● Dip unpared apple rings and pear wedges in lemon juice and spread with a mixture of Roquefort or blue cheese and softened cream cheese.

● String on toothpicks two or more of the following: Fresh pineapple cubes, seedless grapes, whole fresh berries, pear and apple chunks (dipped in lemon juice), cantaloup cubes, orange sections. Serve with sour cream, blue cheese dip, or powdered sugar.

Spicy fruit

6 servings, 2/3 cup each

Mixed dried fruits	11- or 12-ounce package
Seedless light raisins	1/2 cup
Water	2 cups
Orange juice	1 cup
Quick-cooking tapioca	1 tablespoon
Salt	1/4 teaspoon
Sugar	1/3 cup
Cinnamon stick	3-inch stick
Cloves, whole	6

Remove prune pits and cut mixed fruits into small pieces.

Mix all ingredients.

Cook slowly, covered, until fruits are tender—about 30 to 40 minutes.

Remove cinnamon and cloves.

Serve hot or chilled.

NOTE: Spicy fruit is good served either hot or cold, as an appetizer or dessert.

Calories per serving: About 250.

Salads and Salad Dressings

Creamy apple-cabbage slaw

6 servings, about 2/3 cup each

Sour cream	1/2 cup
Sugar	1 tablespoon
Salt	1/2 teaspoon
Pepper	1/8 teaspoon
Vinegar	1 tablespoon
Prepared mustard	1/2 teaspoon
Lemon juice	1 1/2 teaspoons
Apples, pared, thinly sliced	2 cups
Cabbage, shredded	3 cups

Mix sour cream and seasonings. Chill.

Sprinkle lemon juice over apples to prevent darkening.

Lightly mix apples and cabbage together.

Pour dressing over mixture just before serving. Toss lightly.

Calories per serving: About 85.

Frozen fruit salad

12 servings, about 2 1/2 by 2 inches

Dark sweet pitted cherries	16-ounce can
Pineapple tidbits	16-ounce can
Cream cheese, softened	8-ounce package
Whipped topping	2 cups
Nuts, chopped	1/2 cup
Crisp salad greens	As desired

Drain fruits well.

Beat cream cheese into whipped topping.

Fold in fruits and nuts.

Pour mixture into an 8- by 8-inch pan. Cover and freeze.

To serve, let salad set in the refrigerator about 1 hour.

Cut and serve on crisp salad greens.

Calories per serving: About 175 with nuts, 140 without nuts.

Jellied citrus-avocado salad

6 servings, 3/4 cup each

Lemon-flavored gelatin	3-ounce package
Boiling water	1 1/2 cups
Grapefruit juice	1/2 cup
Salt	1/4 teaspoon
Grapefruit sections, diced	1/2 cup
Orange sections, diced	1/2 cup
Avocado, diced	1 1/2 cups
Salad greens	6 leaves

Dissolve gelatin in boiling water.

Add grapefruit juice and salt.

Chill until mixture begins to thicken; add fruits.

Pour into individual molds.

Chill until set.

Unmold on salad greens.

Calories per serving: About 140.

Fruited shrimp salad

6 servings, 3/4 cup each

Shrimp, cooked, peeled, and cleaned	2 cups
Pineapple chunks, drained	20-ounce can
Orange sections, drained	1 cup
Celery, thinly sliced	1/2 cup
Mild french dressing	1/4 cup
Endive	1 bunch

Mix shrimp, pineapple chunks, orange sections, and celery.

Add french dressing and mix lightly. Chill.

Serve on endive.

NOTE: For 2 cups of cooked, peeled, cleaned shrimp you will need about 1 1/4 pounds of raw



For a flavor treat, serve fruited shrimp salad on endive.

BN-21622

shrimp in shells, or two (5-ounce) cans of canned shrimp.

Calories per serving: About 165.

Party fruit salad

6 servings, 1/2 cup each

Dark sweet cherries, pitted, fresh or canned	3/4 cup
Banana chunks	1 cup
Cantaloup or honeydew melon, cubed	1 1/4 cups
English walnuts, chopped	1/2 cup
Fruit salad dressing or	1/2 cup
Orange-honey french dressing (p. 21)	1/4 cup
Watercress	1 bunch

Mix fruits and nuts.

Add salad dressing and mix gently. Chill.

Serve on a bed of watercress.

Calories per serving: About 125 with fresh cherries and fruit salad dressing; 130 with canned cherries and fruit salad dressing; 185 with fresh cherries and orange-honey dressing; 190 with canned cherries and orange-honey dressing.

Jellied fruit salad

6 servings, 1/2 cup each

Cream cheese	3-ounce package
Lemon juice	1/4 cup
Salt	1/4 teaspoon
Pineapple tidbits	8-ounce can
Unflavored gelatin	1 tablespoon
Strawberries, frozen, thawed	10-ounce package
Peaches, fresh or canned, drained, diced	1 cup
Lettuce	Several leaves

Allow cream cheese to soften at room temperature.

Mix cream cheese, lemon juice, and salt thoroughly.

Drain pineapple; save liquid.

Soften gelatin in pineapple liquid; heat until dissolved.

Stir into cream cheese mixture.

Add berries. Beat with rotary beater.

Chill until mixture begins to thicken.

Stir in pineapple and peaches. Pour into 1-quart mold and chill until set. Unmold on lettuce.

NOTE: Use only canned or cooked pineapple in gelatin salads. Fresh or frozen pineapple prevents gelatin from setting.

Calories per serving: About 155 with fresh peaches; 170 with canned peaches.

Peach-melon-cheese salad

6 servings, 1/2 cup each

Honeydew melon cubes	1 cup
Peach slices, fresh or canned, drained	1 cup
Fruit salad dressing (p. 21)	1/4 cup
Cream cheese	3-ounce package
or	

Cottage cheese	6 tablespoons
Walnuts or pecans, finely chopped, if desired	1/4 cup
Lettuce	6 leaves



BN-28586

Peach-melon-cheese salad, a summertime treat.

Gently mix melon cubes, peach slices, and fruit salad dressing. Chill.

Shape cream cheese into 18 little balls. Roll in chopped nuts.

Arrange fruit mixture on lettuce leaves.

Garnish with cream cheese balls or top each serving with 1 tablespoon cottage cheese.

NOTE: Cream cheese balls can be prepared a day ahead. Refrigerate balls, covered, until used.

Calories per serving: About 130 with fresh peaches and nuts; 95 with fresh peaches and without nuts; 150 with canned peaches and nuts; 115 with canned peaches and without nuts.

Low-calorie orange dressing

About 1 cup

Salad oil	3 tablespoons
Sugar	1 teaspoon
Salt	$\frac{3}{4}$ teaspoon
Dry mustard	$\frac{1}{2}$ teaspoon
Hot pepper sauce	$\frac{1}{4}$ teaspoon
Paprika	$\frac{1}{8}$ teaspoon
Cornstarch	2 teaspoons
Orange juice	1 cup

Mix oil, sugar, salt, dry mustard, hot pepper sauce, and paprika in a bowl.

Stir cornstarch into $\frac{1}{2}$ cup of the orange juice.

Cook over low heat, stirring constantly, until mixture comes to a boil.

Stir into oil mixture; beat with rotary beater or electric mixer until smooth.

Beat in remaining orange juice. Chill well.

Calories per tablespoon: About 30.

Fruit salad dressing

About 1 $\frac{1}{4}$ cups

Sugar	$\frac{1}{2}$ cup
Flour	1 tablespoon
Egg	1
Lemon juice	3 tablespoons
Pineapple juice	$\frac{3}{4}$ cup

Mix all ingredients.

Cook over low heat, stirring constantly, until mixture is thick and clear. Chill.

Calories per tablespoon: About 35.

VARIATION

Honey-lime salad dressing.— Use $\frac{1}{2}$ cup honey and $\frac{1}{4}$ cup lime juice in place of sugar and lemon juice. Reduce pineapple juice to $\frac{1}{2}$ cup. About 40 calories per tablespoon.

Orange-honey french dressing

About 1 $\frac{1}{4}$ cups

Frozen orange juice concentrate	$\frac{1}{4}$ cup
Honey	$\frac{1}{4}$ cup
Vinegar	1 tablespoon
Dry mustard	$\frac{1}{2}$ teaspoon
Salt	$\frac{1}{2}$ teaspoon
Salad oil	$\frac{3}{4}$ cup

Mix all ingredients except salad oil.

Add the oil very slowly while beating constantly with a rotary or electric beater.

Refrigerate until used.

Calories per tablespoon: About 80.

Breads

Banana bread

1 loaf, 5 by 9 inches (18 1/2-inch slices)

Flour, unsifted	1 3/4 cups
Baking power	1 tablespoon
Salt	1/2 teaspoon
Sugar	3/4 cup
Shortening	1/2 cup
Eggs	2
Bananas, mashed	1 cup

Preheat oven to 350° F. (moderate).

Grease 9- by 5-inch loaf pan.

Mix flour, baking powder, and salt thoroughly.

Mix sugar, fat, and eggs together until light and fluffy.

Mix in bananas.

Add dry ingredients and stir just until smooth.

Pour into prepared pan.

Bake until firmly set when lightly touched in center top, 50 to 60 minutes. (Bread may crack across top.)

Cool on rack. Remove from pan after 10 minutes.

Calories per serving: About 145 per slice.

VARIATIONS

Date-nut banana bread.—Add 1/2 cup chopped dates and 1/2 cup chopped nuts with mashed bananas. About 180 calories per slice.

Orange-banana bread.—Mix 1 tablespoon grated orange rind with creamed shortening, sugar, and eggs. About 145 calories per slice.



Date-nut banana bread—delightful in aroma, flavor, and texture.

BN-28585

Blueberry pancakes

About 18 pancakes, 3 inches in diameter

Flour, unsifted	2 cups
Sugar	2 tablespoons
Baking soda	1 teaspoon
Salt	1 teaspoon
Egg, beaten	1
Fat, melted or oil	1/3 cup
Buttermilk	1 3/4 cups
Blueberries, fresh or frozen, unsweetened	1 cup
Blueberry sirup (p. 33)	As desired

Stir dry ingredients together.

Mix egg, fat, and buttermilk.

Add to dry ingredients, stirring just enough to mix ingredients. Batter will be lumpy.

Drop by 1/4 cupfuls onto hot greased griddle. Place a few blueberries on each pancake.

Cook until surface is bubbly, turn, and cook until other side is well browned.

Serve with hot blueberry sirup.

Calories per pancake: About 105 without sirup.

VARIATION

Apple pancakes.—Use 1 1/2 cups drained, canned apple slices in place of blueberries. Cut apple slices if they are too thick. About 105 calories per pancake without sirup.

Pineapple stuffing

6 servings, about 3/4 cup each

Butter or margarine	1/4 cup
Sugar	1/2 cup
Eggs	3
Crushed pineapple, juice pack, drained	20-ounce can
Bread, cubed	5 slices

Preheat oven to 350° F. (moderate).

Grease a 2-quart casserole.

Cream fat and sugar.

Add eggs, one at a time, beating well after each addition.

Stir in pineapple and bread cubes.

Pour into casserole.

Bake for about 1 hour.

Serve with ham.

Calories per serving: About 270.

Fruit muffins

12 medium-size muffins

Flour, unsifted	1 3/4 cups
Baking powder	2 teaspoons
Salt	1/2 teaspoon
Sugar	1/4 cup
Egg, beaten	1
Milk	1 cup
Fat, melted or oil	1/4 cup
Blueberries, fresh or frozen, unsweetened	1 cup
or	
Dried apricots, finely chopped	1/2 cup

Preheat oven to 400° F. (hot).

Grease muffin tins.

Mix dry ingredients thoroughly in large mixing bowl.

Mix egg, milk, and fat.

Add egg mixture to dry ingredients and stir about 20 strokes, just until flour is moistened. Batter will be lumpy.

Fold fruit gently into batter; do not beat.

Fill muffin tins two-thirds full.

Bake about 20 minutes.

NOTE: Canned blueberries, rinsed and well drained, can be used but may make the muffins blue.

Calories per muffin: About 145 with blueberries; 160 with dried apricots.

Desserts

Ambrosia pie

9-inch pie, 8 servings

Baked pastry shell, 9-inch	1
Sugar	¾ cup
Cornstarch	3 tablespoons
Salt	¼ teaspoon
Egg yolks	3
Water	1 cup
Orange juice	½ cup
Orange rind, grated ..	2 teaspoons
Coconut	½ cup
Egg whites	3
Salt	¼ teaspoon
Sugar	⅓ cup

Mix sugar, cornstarch, and salt in a saucepan.

Beat egg yolks and water together. Stir into dry ingredients. Cook over low heat until thickened, stirring constantly. Remove from heat.

Stir in orange juice and rind.

Pour into baked pastry shell.

Sprinkle about 2 tablespoons coconut over filling.

Preheat oven to 350° F. (moderate).

Beat egg whites until foamy. Add salt and beat until soft peaks form.

Add sugar gradually, beating until stiff peaks form.

Pile meringue on warm pie filling. Spread to crust edge to help prevent shrinking.

Sprinkle rest of coconut on meringue.

Bake about 15 minutes until lightly browned.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving: About 295.

Apple-mincemeat crisp

9 servings, ½ cup each

Mincemeat, prepared ..	2 cups
Orange rind, grated, if desired	½ teaspoon
Apples, pared and sliced	4 cups
Brown sugar, packed ..	¼ cup
Instant nonfat dry milk	¼ cup
Rolled oats, quick- cooking	¼ cup
Salt	⅛ teaspoon
Cinnamon	½ teaspoon
Butter or margarine, melted	2 tablespoons

Preheat oven to 350° F. (moderate).

Grease a 9- by 9- by 2-inch baking pan.

Mix mincemeat, orange rind, and apples.

Spread in baking pan.

Mix brown sugar, nonfat dry milk, rolled oats, salt, and cinnamon.

Add melted fat and mix until crumbly.

Sprinkle over fruit mixture.

Bake 40 minutes, or until apples are tender.

Calories per serving: About 215.

Apple upside-down cake

9 servings, about 3 by 3 inches

Apple slices	20-ounce can
Butter or margarine ..	2 tablespoons
Brown sugar, packed ..	½ cup
Cinnamon	1 teaspoon
Nuts, chopped	¼ cup
Yellow cake mix	one-layer package

Preheat oven to 350° F. (moderate).

Drain apple slices; save liquid.

Melt fat in 9- by 9- by 2-inch baking pan in oven.

Mix brown sugar, cinnamon, and nuts. Sprinkle over fat.

Arrange apple slices over sugar mixture.

Prepare cake mix according to package directions, using apple liquid in place of specified amount of water. Spread evenly over fruit.

Bake for 45 minutes or until center surface of cake springs back when touched lightly.

Cool in pan 5 minutes. Invert onto serving plate.

Calories per serving: About 235.

VARIATIONS

Peach upside-down cake.—Use a 29-ounce can of sliced peaches in place of the apples. Use water as liquid for cake mix. About 255 calories per serving.

Orange-coconut upside-down cake.—Omit apples, nuts, and cinnamon. Use an 11-ounce can of mandarin oranges, drained; sprinkle with $\frac{3}{4}$ cup coconut and 1 tablespoon lemon juice. Use orange liquid as part of liquid in cake. About 250 calories per serving.

Cherry upside-down cake.—Drain a 16-ounce can of red, sour, pitted cherries. In a small saucepan combine $\frac{1}{2}$ cup sugar, 1 tablespoon cornstarch, 2 tablespoons butter or margarine, $\frac{1}{4}$ teaspoon red food coloring, and cherries. Cook until slightly

thickened, stirring just enough to prevent sticking. Spread in pan. Make cake mix with water as liquid. Pour batter over cherry mixture. Bake about 35 minutes. About 205 calories per serving.

NOTE: If one-layer cake mixes are not available, use two-layer cake mix. Use half for upside-down cake and make cupcakes with the rest.

Apple-cheese cobbler

6 servings

Sugar	$\frac{2}{3}$ cup
Quick-cooking tapioca	3 tablespoons
Salt	$\frac{1}{8}$ teaspoon
Water	$1\frac{1}{2}$ cups
Apples, pared, sliced ..	5 cups
Flour, unsifted	1 cup
Baking powder	$1\frac{1}{2}$ teaspoons
Salt	$\frac{1}{4}$ teaspoon
Shortening	3 tablespoons
Milk	$\frac{1}{3}$ cup
Sharp Cheddar cheese, shredded ..	1 cup (4 ounces)

Mix sugar, tapioca, salt, and water in large saucepan. Let stand while preparing apples.

Bring tapioca mixture to a full boil, stirring to prevent sticking.

Add apples. Boil gently, covered, until apples are tender, 5 to 10 minutes. Stir occasionally to prevent sticking.

Pour apples into 2-quart casserole.

Preheat oven to 425° F. (hot).

Mix flour, baking powder, and $\frac{1}{4}$ teaspoon salt thoroughly.

Mix in shortening with pastry blender or fork until mixture is crumbly.

Stir in milk using just enough

to make a dough that is soft but not sticky.

Turn dough out onto lightly floured surface and roll into 8- by 10-inch rectangle.

Sprinkle with cheese. Roll as for jelly roll and cut into 12 slices. Arrange dough slices on top of apple mixture.

Bake about 20 minutes or until browned on top.

Calories per serving: About 365.

VARIATIONS

Apple-cinnamon cobbler.—Omit cheese and sprinkle dough with a mixture of 2 tablespoons sugar and 1 teaspoon cinnamon. About 305 calories per serving.

Tapioca apples.—Omit biscuit topping and do not bake. Serve apple mixture sprinkled with cinnamon or topped with whipped cream. About 150 calories per serving without whipped cream.



BN-23584

Apples and cheese—a favorite combination—team up in this cobbler.

Cranberry-apple crunch

6 servings

Cranberry sauce, whole	1 cup
Apples, pared, chopped	1 cup
Rolled oats, quick-cooking	½ cup
Brown sugar, packed ..	⅓ cup
Salt	¼ teaspoon
Flour	3 tablespoons
Butter or margarine, melted	3 tablespoons
Nuts, chopped, if desired	¼ cup

Preheat oven to 350° F. (moderate).

Grease an 8- by 8- by 2-inch baking pan.

Mix cranberry sauce and apples. Spread in baking pan.

Mix rolled oats, brown sugar, salt, and flour.

Add melted fat and mix until crumbly. Sprinkle over fruit.

Top with nuts, if desired.

Bake 45 minutes. Serve warm.

Calories per serving: About 265 with nuts; 230 without nuts.

Date bars

2 dozen bars

Eggs	2
Sugar	½ cup
Vanilla	1 teaspoon
Flour, unsifted	½ cup
Baking powder	½ teaspoon
Salt	½ teaspoon
Dates, chopped	1½ cups
Nuts, chopped	1 cup
Confectioner's sugar ..	⅔ cup

Preheat oven to 350° F. (moderate).

Grease a 9- by 9- by 2-inch baking pan.

Beat eggs until foamy.

Add sugar and vanilla and beat until thick.

Mix dry ingredients together.

Add to egg mixture.

Stir in dates and nuts.

Spread in prepared pan.

Bake 25 to 30 minutes or until top springs back when touched lightly.

Cut into 24 bars.

Roll each bar in confectioner's sugar.

Calories per bar: About 105.

VARIATION

Fig bars.—Use 1½ cups chopped dried figs in place of dates. About 105 calories per bar.

Lemon torte

12 servings

Sugar	2¼ cups
Cornstarch	¼ cup
Flour, unsifted	¼ cup
Salt	Few grains
Hot water	2¼ cups
Eggs, beaten	3
Butter or margarine	3 tablespoons
Lemon rind, grated	¾ teaspoon
Lemon juice	½ cup
Lady fingers	21 (about 7 ounces)

Whipped cream or whipped topping, if desired

1 cup

Mix sugar, cornstarch, flour, and salt in a saucepan.

Gradually stir in hot water. Bring quickly to a boil, stirring constantly. Reduce heat; continue cooking and stirring 8 minutes.

Stir a small amount of hot mixture into beaten eggs; then stir eggs into remaining hot mixture. Bring again to boiling, cook 4 minutes, stirring constantly.

Add fat and lemon rind. Slowly stir in lemon juice.

Cool filling to lukewarm.

Line bottom of 9- by 5-inch pan with three lady fingers (split). Stand nine lady fingers (split) around sides of pan.

Pour one-third cooled lemon mixture over lady fingers. Add a layer of split lady fingers.

Top with another third of filling.

Add another layer of split lady fingers.

Top with remaining filling.

Place another layer of split lady fingers on top.

Cover tightly and chill thoroughly.

Serve with whipped cream or whipped topping if desired.

Calories per serving: About 270 without whipped cream or whipped topping.

NOTE: Slices of sponge cake may be used in place of the lady fingers.

Lemon chess pie

9-inch pie, 8 servings

Unbaked pastry shell, 9-inch	1
Sugar	1½ cups
Flour	2 tablespoons
Cornmeal	1 tablespoon
Salt	¼ teaspoon
Eggs	3
Milk	⅓ cup
Butter or margarine, melted	¼ cup
Lemon juice	¼ cup
Lemon rind, grated	2 tablespoons

Preheat oven to 375° F. (moderate).

Mix sugar, flour, cornmeal, and salt in a large bowl.

Add eggs, milk, melted fat,

lemon juice, and rind. Beat with rotary beater or electric mixer.

Pour into pastry shell.

Bake about 35 minutes or until filling is set and top is golden brown.

Calories per serving: About 360.

Lemon dessert sauce

About 1½ cups sauce

Sugar	½ cup
Cornstarch	2 tablespoons
Water	1 cup
Lemon juice	2 tablespoons
Lemon rind, grated ...	1 teaspoon
Salt	⅛ teaspoon
Butter or margarine	1 tablespoon

Mix sugar and cornstarch in a saucepan.

Add water and cook until thickened, stirring constantly. Remove from heat.

Stir in lemon juice, rind, salt, and fat. Mix well.

Serve warm over steamed pudding or other desserts.

Calories per tablespoon: About 25.

Dessert fondue

6 servings, about ¼ cup each

Milk chocolate bars ..	12 ounces
Milk	⅓ cup
Instant coffee	1 teaspoon
Cinnamon	⅛ teaspoon
Kirsch or brandy, if desired	2 tablespoons

Place chocolate and milk in top of double boiler. Heat until chocolate is melted.

Stir in instant coffee, cinnamon, and kirsch or brandy, if used.

Place mixture in fondue pot and keep at serving temperature.

Serve with a variety of canned or fresh fruits and angel or sponge cake cubes for dipping.

Suggested fruits are banana or pineapple chunks, orange sections, whole strawberries, or apple wedges.

Calories per serving: About 310 without fruit or cake.

Peach dumplings

6 servings

Flour, unsifted	1¾ cups
Salt	1 teaspoon
Shortening	½ cup
Egg yolk	1
Water	3 tablespoons
Lemon juice	1 tablespoon
Sugar	2 tablespoons
Cinnamon	½ teaspoon
Peach halves, fresh or canned, drained ...	6
Sugar	¾ cup
Water	¾ cup

Mix flour and salt thoroughly.

Mix in shortening with pastry blender or fork.

Mix egg yolk, water, and lemon juice together.

Mix lightly into flour mixture with fork.

Preheat oven to 425° F. (hot).

Grease an 8- by 8- by 2-inch baking pan.

Roll out dough on lightly floured surface into 12- by 18-inch rectangle .

Cut into six 6-inch squares.

Mix 2 tablespoons sugar and cinnamon.

Roll peach halves in sugar mixture.

Place a peach half, hollow side

down, in center of each pastry square. Bring corners together over peach, moisten, and seal.

Place in baking pan, allowing space between dumplings.

Heat $\frac{3}{4}$ cup sugar and water to boiling.

Pour over dumplings.

Bake about 40 minutes, or until browned.

NOTE: Three-fourths cup of sirup drained from the canned peaches may be used in place of sugar and water. Heat to boiling before pouring it over the dumplings.

Calories per serving: About 410 with fresh peaches; 430 with canned peaches.

VARIATIONS

Plum dumplings.—Use canned whole plums in place of peach halves. Pit plums. Use 2 plums for each dumpling. About 435 calories per dumpling.

Apple dumplings.—Use pared, cored fresh apple halves in place of peach halves. About 425 calories per dumpling.

Pineapple cream

6 servings, about $\frac{1}{2}$ cup each

Unflavored gelatin	1 tablespoon
Pineapple liquid and water	$\frac{3}{4}$ cup
Crushed pineapple, drained	1 cup
Lemon juice	2 tablespoons
Sugar	$\frac{1}{4}$ cup
Vanilla	$\frac{1}{2}$ teaspoon
Whipped topping	2 cups

Soften gelatin in liquid; heat until dissolved.

Mix in pineapple, lemon juice,

sugar, and vanilla. Chill until thick but not set.

Fold whipped topping into gelatin mixture.

Pour into a 1-quart mold or six individual molds.

Chill until set.

Calories per serving: About 155.

VARIATIONS

Berry cream.—Use a 10-ounce package of frozen red raspberries or strawberries in place of crushed pineapple.

About 155 calories per serving with raspberries; 160 with strawberries.

Peach cream.—Use a 16-ounce package of frozen peaches in place of pineapple. Use $\frac{1}{4}$ teaspoon of almond extract in place of $\frac{1}{2}$ teaspoon vanilla. About 175 calories per serving.

Fresh strawberry pie

9-inch pie, 8 servings

Baked pastry shell, 9-inch	1
Fresh strawberries	$1\frac{1}{2}$ quarts
Sugar	1 cup
Cornstarch	3 tablespoons
Lemon juice	2 tablespoons
Whipped cream, or whipped topping, if desired	1 cup

Make pastry shell; cool.

Wash and cap berries. Set aside half of them (the best ones).

Mash the other berries.

Mix sugar and cornstarch; add to mashed berries.

Cook 5 to 6 minutes, or until clear and very thick.

Stir in lemon juice. Cool.

Select a few of remaining berries for garnish. Add the rest, whole or cut, to cooled mixture.

Pour into pastry shell.

Garnish with whipped cream, if used, and whole strawberries.

NOTE: If strawberries are tart, omit lemon juice.

Calories per serving: About 260 without whipped cream or whipped topping.

VARIATION

For strawberry tarts, fill six tart shells with strawberry filling.

Steamed cranberry pudding

8 servings

Flour, unsifted	1½ cups
Sugar	2 tablespoons
Salt	½ teaspoon
Baking soda	2 teaspoons
Hot water	½ cup
Molasses	¼ cup
Corn syrup	¼ cup
Cranberries, coarsely chopped	1½ cups
Lemon sauce (p. 28) ..	1 recipe

Grease a 1½-quart baking dish.

Mix flour, sugar, and salt.

Dissolve soda in hot water. Add with molasses and corn syrup to dry ingredients. Mix well.

Stir in cranberries.

Pour into prepared dish. Cover tightly with foil and tie with string.

Place baking dish on rack in large kettle with a lid.

Pour hot water into kettle to a depth of about 1 inch around the dish.

Heat water just to boiling, cover, and cook 1½ hours.

Serve warm with lemon sauce.

Calories per serving: About 150 without lemon sauce.

Red raspberry swirls

6 servings, 2 swirls each

Red raspberries, frozen	2 packages, 10 ounces each
Flour, unsifted	1 cup
Baking powder	1½ teaspoons
Salt	¼ teaspoon
Shortening	3 tablespoons
Milk	½ cup
Sugar	2 tablespoons
Cornstarch	1 tablespoon

Preheat oven to 425° F. (hot).

Grease an 8- by 8- by 2-inch baking pan.

Thaw and drain raspberries; save juice.

Mix flour, baking powder, and salt.

Mix in shortening with a pastry blender or fork until mixture is crumbly.

Stir in milk to make a soft dough.

Turn dough out onto lightly floured surface and roll into 8- by 12-inch rectangle.

Spread berries over dough; sprinkle with sugar.

Roll as for jelly roll, starting at the 12-inch side. Cut into 12 slices.

Place cut side down in prepared pan.

Bake about 30 minutes or until lightly browned.

For sauce, stir cornstarch into raspberry juice.

Cook, stirring constantly, until thickened.

Serve sauce over baked swirls.

Calories per serving: About 250.

VARIATIONS

Blueberry swirls.—Use a 14- to 16-ounce can of sweetened blueberries in place of raspberries. About 235 calories per serving.

Cherry swirls.—Use a 16-ounce can red, sour, pitted cherries in place of raspberries. Drain cherries well. Increase sugar to $\frac{1}{2}$ cup to sprinkle over cherries.

For sauce, increase cornstarch to 2 tablespoons and add 2 tablespoons sugar to cherry juice. About 260 calories per serving.

Beverages

Golden punch

24 servings, $\frac{1}{2}$ cup each

Frozen pineapple-orange juice concentrate	6-ounce can
Frozen lemonade concentrate	2 cans, 6 ounces each
Apricot nectar, canned	3 cups
Water	7 cups (1 $\frac{3}{4}$ quarts)
Orange slices, thin	As desired

Mix all ingredients except orange slices. Chill.

Serve over ice. Garnish with orange slices, if desired.

Calories per serving: About 55.

VARIATION

Sherbet punch.—Float 1 quart of orange sherbet in punchbowl; serve a little of the sherbet with each serving of punch. About 100 calories per serving.

Pink apple-limeade

24 servings, $\frac{1}{2}$ cup each

Cranberry juice, bottled	6 cups (1 $\frac{1}{2}$ quarts)
Apple juice	4 cups (1 quart)
Lime juice	$\frac{1}{4}$ cup
Frozen limeade concentrate	2 cans, 6 ounces each
Mint sprigs	As desired

Mix all ingredients except mint sprigs. Chill.

Serve over ice. Garnish with mint sprigs, if desired.

Calories per serving: About 85.

VARIATION

Sherbet limeade.—Float 1 quart of lime sherbet in punchbowl; serve a little of the sherbet with each serving of punch. About 130 calories per serving.

Hot spicy grape punch

6 servings, 1 cup each

Frozen lemonade concentrate	6-ounce can
Water	3 cups
Grape juice	2 cups
Sugar	$\frac{1}{4}$ cup
Cinnamon sticks	2
Whole cloves	$\frac{1}{2}$ teaspoon

Mix lemonade concentrate with water in saucepan.

Add remaining ingredients.

Bring to a boil.

Strain and serve hot.

Calories per serving: About 145.

Confections

Candied fruit peel

About 5 dozen pieces

Grapefruit	1
Orange, large....	1
Lemon	1
Salt	1 teaspoon
Water	4 quarts
Sugar	1 cup
Water	½ cup
Sugar	As needed for rolling (about ¼ cup)

Wash fruit and remove peel. Cut peel into ¼-inch strips. Use only half of the grapefruit peel.

Place peel in a saucepan. Add salt and 2 quarts water. Bring to a boil; cook gently for 15 minutes. Drain.

Pour 2 quarts fresh water over peel. Boil gently until peel is tender, about 35 minutes. Drain.

Add 1 cup sugar and ½ cup water to peel.

Cook slowly, stirring occasionally, about 30 minutes or until peel is clear and most of the sirup is absorbed. Drain.

When peel is cool enough to handle, roll in granulated sugar. Place on wire rack to cool and dry.

Calories per piece: About 15.

Fruit bonbons

About 7 dozen bonbons

Dried figs	1 cup
Raisins	1 cup
Pitted dates	1 cup
Nuts, chopped	1 cup
Candied orange peel ..	½ cup
Frozen orange juice concentrate, thawed	2 tablespoons or
Sherry	2 tablespoons
Confectioner's sugar, coconut, or chopped nuts	¾ cup

Mix fruits and orange peel. Put through finest blade of food chopper.

Add chopped nuts.

Moisten with orange juice concentrate or sherry, as desired.

Shape into small balls, using about 2 teaspoons of mixture per ball.

Roll in confectioner's sugar, chopped coconut, or chopped nuts.

Store in tightly covered container.

Calories per bonbon: About 35 when rolled in confectioner's sugar or coconut; 40 when rolled in chopped nuts.

Sirups

Mint sirup

About ½ cup

Sugar	¼ cup
Water	½ cup
Mint extract	⅛ teaspoon
Green food coloring ..	1 drop

Mix ingredients and boil 5 minutes.

Cool.

Calories: About 190 per $\frac{1}{2}$ cup;
25 per tablespoon.

Blueberry sirup

About $1\frac{2}{3}$ cups

Blueberries, fresh,
frozen, or canned, unsweetened 2 cups
Water $\frac{1}{2}$ cup
Sugar $\frac{1}{2}$ cup

Mix all ingredients and bring to a boil.

Crush berries with the back of a spoon.

Cook slowly 2 to 3 minutes. Serve hot.

Calories per tablespoon: About 20.

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