

Fruit

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Apple Crisp

8 medium apples, peeled and sliced
3 tablespoons caramel ice cream topping
2 tablespoons corn starch
1/3 cup flour
1/3 cup sugar
1/3 cup brown sugar
1/3 cup old-fashioned rolled oats
1/3 cup butter or margarine
2 teaspoons cinnamon

Prepare the apples: Place apple slices in a microwave-safe 2-quart casserole dish. Stir in the caramel topping and cornstarch. Set aside.

To finish: In a food processor, combine the flour, sugar, brown sugar, rolled oats, butter or margarine, and cinnamon. Pulse until the mixture crumbles. Pour over the apple mixture. Bake uncovered in a microwave oven on high temperature for 10 minutes, or until apples are tender.

Variation: For Cherry Apple Crisp, prepare as directed above, adding 1 cup pitted sour cherries to the apple mixture. For Peach Apple Crisp, prepare as directed above, adding 4 peeled and sliced peaches to the apple mixture.

Yield: 6 servings.



Applesauce

8 large apples, peeled, cored, and diced
1 teaspoon cinnamon
1 tablespoon water
1/4 cup sugar

Prepare the fruit: In a 3-quart microwave-safe casserole dish, combine the apples, cinnamon, water, and sugar. Stir until blended.

To finish: Cook in a microwave oven on high temperature for 10 minutes. Stir apples and cook for an additional 5 to 10 minutes until soft. Serve warm or refrigerate until ready to serve.

Suggested apples: Macintosh, Cortland, Empire, or Sunrise

Yield: 6 servings.

Caramel Cream Fruit Salad

3 medium apples, peeled and diced
2 cups grapes
2 bananas, sliced
8 ounces cream cheese
1/2 cup brown sugar, packed
1/2 cup fat-free caramel ice cream topping
1 teaspoon vanilla extract
8 ounces vanilla yogurt

Prepare the fruit: In a large bowl, combine the diced apples, grapes, and sliced bananas. Set aside.

To finish: In a food processor, combine the cream cheese, brown sugar, caramel topping, vanilla, and yogurt. Pulse until the mixture is well blended. Pour the sauce over the fruit and serve immediately.

Yield: 8 servings.



Citrus Compote

2 tablespoons orange zest
1 tablespoon grapefruit zest
1/2 cup sugar
2 medium oranges, peeled and sliced
1 medium grapefruit, peeled and sliced

Prepare the fruit: In a small bowl, combine the orange zest, grapefruit zest, and sugar. Set aside. In a large bowl, combine the sliced oranges and grapefruit. Stir in a little more than half of the sugar mixture.

To finish: Spoon the fruit into individual serving dishes. Top each serving with 1/2 teaspoon of the sugar mixture. Serve immediately or refrigerate until ready to serve.

Variation: For Strawberry Citrus Compote, prepare as directed above, adding 8 ounces of sliced strawberries to the fruit mixture.

Yield: 4 servings.

Cranberry Compote

16 ounces whole cranberry sauce
16 ounces unsweetened applesauce
1 teaspoon cinnamon
10 ounces mandarin oranges, drained
10 ounces crushed pineapple, drained

Prepare the fruit: In a large bowl, combine the cranberry sauce and applesauce. Stir until blended. Stir in the cinnamon. Fold in the mandarin oranges and crushed pineapple.

To finish: Cover and refrigerate overnight before serving.

Yield: 12 servings.



Fruit and Yogurt Parfait

8 ounces fat-free cherry vanilla yogurt
1 15-ounce can light pears, drained and sliced
1 15-ounce can dark sweet pitted cherries, drained

or

8 ounces fat-free peach yogurt
1 15-ounce can light peaches, drained and sliced

or

8 ounces fat-free vanilla yogurt
1 cup fresh strawberries, sliced
1 cup fresh blueberries
1 banana, peeled and sliced

or

8 ounces fat-free strawberry yogurt
1 cup fresh strawberries, sliced
2 kiwi, peeled and sliced
1 banana, peeled and sliced

or

8 ounces fat-free vanilla yogurt
1 red delicious apple, cored and diced
1 orange, peeled and diced
1 banana, peeled and sliced
1 cup seedless red grapes

Mix yogurt into prepared fruit or place a spoonful of yogurt on top of an individual serving of prepared fruit.

Yield: 4 servings.

Grandma Leonard's Peach Custard

1 cup granulated sugar
1/3 cup flour
1/8 teaspoon salt
2 cups milk
2 eggs, separated
1 teaspoon vanilla extract
1/2 teaspoon lemon extract
1/2 teaspoon almond extract
3 cups fresh peaches, peeled and sliced

Prepare the custard: In a heavy saucepan, combine the sugar, flour, and salt. Stir until blended. Add the milk and beaten egg yolks. Cook mixture over medium heat until thickened, stirring constantly. Remove from heat. Add the vanilla, lemon, and almond extracts. Stir and set aside.

To finish: In a medium bowl with an electric mixer, beat the egg whites until stiff. Fold into the thickened custard mixture. Place the sliced peaches in a 2-quart dish. Pour the custard over the top of the peaches. Chill for several hours before serving.

Variation: Prepare as directed above, substituting 3 cups of canned peaches (sliced and drained) for the fresh peaches.

Yield: 8 servings.



Lemon Curd

1/2 cup butter, softened
2 cups granulated sugar
Grated zest of 4 lemons
Juice of 4 lemons
4 eggs

To start: In a medium bowl, cream the butter and sugar with an electric mixer until fluffy. Beat in the eggs. Add the lemon zest and lemon juice. Beat until blended.

Make the lemon curd: Pour the mixture into a medium saucepan, preferably stainless steel or non-stick. Cook over low to medium heat. Scrape the sides and the bottom of the pan while stirring often. Do not boil. Cook and stir until the mixture thickens, 15 to 25 minutes. Cool. Fresh lemon curd can be stored in an airtight container in the refrigerator for up to 2 weeks and in the freezer for up to 6 months.

Yield: 4 cups.

Maple Baked Apples

6 large apples, peeled, cored, and diced
1 teaspoon cinnamon
1 teaspoon maple extract
2 tablespoons maple syrup

Prepare the apples: In a large microwave-safe bowl, combine the apples, cinnamon, maple extract, and maple syrup. Stir until blended.

To finish: Cook in a microwave oven on high temperature for 6 to 10 minutes. Serve warm.

Suggested apples: Macintosh, Cortland, Empire, or Sunrise

Yield: 4 servings.



Peach Apricot Crisp

For the streusel topping:

1/3 cup flour
1/3 cup sugar
1/3 cup brown sugar, packed
1/3 cup butter
1/3 cup old-fashioned rolled oats
1 teaspoon cinnamon
1/2 teaspoon allspice

For the fruit filling:

8 peaches, peeled and sliced
12 apricots, peeled and sliced
2 tablespoons caramel topping
2 tablespoons tapioca
1 tablespoon cornstarch
1 teaspoon cinnamon
1/4 teaspoon nutmeg

Prepare the topping: In a food processor, combine the flour, sugar, and brown sugar. Pulse until the mixture is blended. Add the butter, rolled oats, cinnamon, and allspice. Pulse until the mixture crumbles. Set aside.

Make the fruit filling: In a 2-quart casserole dish, combine the sliced peaches and apricots, caramel topping, tapioca, cornstarch, cinnamon, and nutmeg. Stir until blended. Sprinkle the prepared topping over the fruit mixture. Bake uncovered in a microwave oven on high temperature for 10 minutes, or until the topping is crisp.

Variation: Prepare as directed, substituting two 15-ounce cans sliced peaches (drained) and two 15-ounce cans sliced apricots (drained) for the fresh fruit listed above.

Yield: 8 servings.

Peaches and Cream

8 ounces cream cheese
2 tablespoons apricot jam
1 cup crushed pineapple, drained
2 15-ounce cans peach halves, drained
Strawberries
Mint leaves

Prepare the cream: In a medium bowl, beat the cream cheese and jam with an electric mixer until fluffy. Stir in the pineapple.

To finish: Arrange the peach halves in individual serving dishes. Spoon the prepared cream onto the top of each peach half. Garnish with strawberries and mint leaves.

Yield: 8 servings.



Pineapple Cobbler

For the topping:

1 cup flour
2 teaspoons baking powder
2/3 cup granulated sugar
1 egg, beaten
1/4 cup butter

For the pineapple cobbler:

1 cup granulated sugar
1/3 cup flour
1 teaspoon baking powder
4 cups pineapple chunks, drained
1 teaspoon lemon zest

Prepare the topping: In a food processor, combine the flour, baking powder, sugar, egg, and butter. Pulse until the mixture crumbles. Set aside.

To finish: Preheat the oven to 350°. Grease a 9-by-9-inch square pan. In a large bowl, combine the sugar, flour, baking powder, pineapple, and lemon zest. Mix until blended. Pour into the prepared pan. Sprinkle the prepared topping over the pineapple mixture. Bake for 40 to 45 minutes or until golden brown.

Yield: 9 servings.

Raspberry Sauce

1 cup granulated sugar
5 tablespoons corn starch
1/4 teaspoon salt
3 cups water
2 tablespoons light corn syrup
3 ounces raspberry gelatin
1 quart red raspberries

Prepare the sauce: In a large saucepan, combine the sugar, corn starch, and salt. Stir until blended. Add the water and corn syrup. Cook over medium heat, stirring constantly, until the mixture boils and thickens. Remove from heat and add the gelatin. Stir until the gelatin dissolves. Cool.

To finish: Fold in the raspberries. Raspberry sauce can be served over peach halves or used as pie filling.

Variation: For Strawberry Sauce, prepare as directed above, substituting strawberry gelatin and strawberries for the raspberry gelatin and raspberries.

Yield: 3 cups.

This recipe is from the kitchen of Sandra Stetler.



Tropical Fruit Ambrosia

20 ounces pineapple tidbits, drained
30 ounces mandarin oranges, drained
4 bananas, peeled and sliced
4 kiwi, peeled and sliced
1/4 cup coconut
2 cups fat-free vanilla yogurt

Prepare the fruit: In a large bowl, combine the pineapple, oranges, banana, and kiwi. Add the coconut and yogurt. Stir until well blended.

To finish: Chill for several hours before serving.

Yield: 12 servings.

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