A Recipe a Day...

Fall is apple season. And that makes it apple-recipe season. Here are two main dishes, a side dish, and a salad that feature one of our favorite fruits.

Got a question or suggestion? Write to healthycook@cspinet.org.

Chicken with Cider Mustard Sauce

The tart, sweet sauce really peps up the chicken.

1½ lbs. boneless, skinless chicken breasts
2 Tbs. safflower oil, divided
3 shallots, minced
2 honeycrisp or gala apples, peeled, cored, and diced
1 cup apple cider
3 Tbs. country Dijon mustard
Freshly ground black pepper

Put the chicken in a plastic freezer bag and pound to an even thickness of ½ inch. Heat 1 Tbs. of oil in a large skillet over medium heat. Sauté the chicken in two batches until browned, about 4 to 5 minutes per side. Transfer to a plate and cover with foil to keep warm.

In the same skillet, add the remaining 1 Tbs. of oil and sauté the shallots and half the diced apples for 3 minutes. Add the cider and boil until it is reduced by half, about 5 minutes. Remove from the heat and mix in the remaining apple and the mustard. Season generously with pepper. Pour the sauce over the chicken. Serves 4.

PER SERVING
Calories: 340 Sodium: 360 mg
Total Fat: 11 g Cholesterol: 95 mg
Sat Fat: 1.5 g Carbohydrates: 25 g
Protein: 35 g Fiber: 2 g

Apple Hazelnut Salad with Gorgonzola Crisps

If you don’t have time to make the dressing, you can use up to ½ cup of a good balsamic vinaigrette like Cindy’s Kitchen.

¼ cup blanched hazelnuts
2 Tbs. extra-virgin olive oil
4 shallots, minced
2 tsp. sugar
3 Tbs. white balsamic vinegar
¾ tsp. kosher salt
½ oz. Gorgonzola cheese, at room temperature
4 thin rye crisp breads (like Finn Crisps)
1 head butter or Bibb lettuce
1 honeycrust or Fuji apple, cored and thinly sliced

Pre-heat the oven to 300°F and toast the hazelnuts until lightly browned, about 10 minutes. Allow to cool, then chop.

Make the dressing: Heat the oil in a medium pan and sauté the shallots until golden brown, about 5 minutes. Sprinkle in the sugar and stir to dissolve. Remove from the heat and whisk in the vinegar and salt. Set aside and allow to cool.

Spread a quarter of the Gorgonzola on each crisp bread. Arrange the lettuce on a platter and drizzle on the dressing. Garnish with the apple slices, crisp breads, and nuts. Serves 4.

PER SERVING
Calories: 210 Sodium: 140 mg
Total Fat: 13 g Cholesterol: 5 mg
Sat Fat: 2 g Carbohydrates: 22 g
Protein: 4 g Fiber: 3 g

Tilapia with Granny Smith Remoulade

Tilapia is a mild-flavored, white-fleshed, sustainable fish. A remoulade is a French condiment similar to tartar sauce. In the picture below, the dish is served with Lundberg’s Wild Blend rice and a simple tossed salad.

2 Tbs. country Dijon mustard
¼ cup regular mayonnaise
1 Tbs. fresh lemon juice
1 Granny Smith apple, peeled, cored, and chopped
1 stalk celery, chopped
1 Tbs. capers
2 Tbs. safflower oil
1½ lbs. U.S. farmed tilapia filets
½ cup whole wheat flour

Make the remoulade: Put the mustard, mayonnaise, lemon juice, apple, celery, and capers into a food processor and pulse until the apple and celery are minced.

Heat the oil in a large, non-stick skillet over medium heat until shimmering. Pat the fish dry with a paper towel and dust with the flour. Sauté the fish in 2 or 3 batches until golden brown on both sides and cooked through, 2-3 minutes per side. Serve with the remoulade on the side. Serves 4.

PER SERVING
Calories: 400 Sodium: 430 mg
Total Fat: 21 g Cholesterol: 90 mg
Sat Fat: 3 g Carbohydrates: 18 g
Protein: 36 g Fiber: 3 g

Roasted Butternut Squash, Apples, & Onions

1 butternut squash, peeled and cubed
2 honeycrisp or wineap apples, peeled, cored, and chopped
1 onion, chopped
6 sprigs thyme
3 Tbs. extra-virgin olive oil
½ tsp. kosher salt

Pre-heat the oven to 450°F. In a large bowl, toss the squash, apples, onion, and thyme with the oil and salt. Spread into a large, shallow baking dish. Roast until tender and golden brown, about 35 minutes. Serves 6.

PER SERVING
Calories: 150 Sodium: 170 mg
Total Fat: 7 g Cholesterol: 0 mg
Sat Fat: 1 g Carbohydrates: 23 g
Protein: 2 g Fiber: 5 g

Photo: Stephen Schmidt