A Recipe a Day...

BY KATE SHERWOOD

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*

Roasted Butternut Squash, Apples, & Onions

- **1 butternut squash, peeled and cubed**
- **2 honeycrisp or winesap 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*

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**
- **⅛ 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 honeycrisp 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*

Tilapia with Granny Smith Remoulade

Photo: Stephen Schmidt.