

# Jonathan apples are a favorite for recipes

When it comes to the "granddaddy" of the apple family, the Jonathan reigns supreme.

First discovered in New York in 1820 by its namesake, Jonathan Husbrouck, Jonathans are the oldest, yet a favorite variety.

These small to medium sized apples have a tender but firm, juicy flesh and carry a slightly tart taste.

Michigan is now the largest producer/grower of the Jonathan variety, yielding one-half the nation's entire crop. The offspring of hardy, productive, durable trees, Jonathans rank fifth in production in the United States.

Jonathan apples along with all other apple varieties are an excellent nutritional and dietary food source. In addition to having a delicious taste, an all at a mere 80 calories.

## BAKED STUFFED APPLES

6 large baking apples  
¾ cup light corn syrup  
6 whole cloves  
cinnamon  
2 3-oz. pkg. of cream cheese  
2 tbsp. light cream  
2 tbsp. honey  
½ cup raisins  
½ cup chopped walnuts

Core apples, being careful not to break all the way through. Do not peel. Set in baking pan. Into cavity of each apple pour 2 tablespoons light corn syrup, 1 whole clove and a dash of cinnamon. Cover bottom of pan with hot water. Bake at 350 degrees about 30 minutes, or until apples are tender, basting occasionally. Chill. Remove cloves. Place in dishes surrounded by syrup. Whip cream cheese with cream and honey until

soft and fluffy. Add raisins and walnuts, mix well. Fill apple cavities with cream cheese mixture, heaping generously on top. Makes 6 servings.

## OLD-FASHIONED APPLE SLUMP

4 cups thinly sliced apples  
½ cup firmly packed brown sugar  
½ cup sugar  
½ cup water  
1 tsp. cinnamon  
1 recipe dumpling dough\*

Combine first 5 ingredients in deep frying pan; bring to a boil; cover and cook 10 minutes. Drop dumpling dough by spoonfuls on pieces of apples; cover and cook 12 minutes, or until dumplings are done. Transfer dumplings to deep dessert dishes, spoon apples over them. Serve with plain cream. Makes 6 to 8 servings. \*Dumplings: Follow recipe for dumplings on package of biscuit mix.

# Preparing good-for-you foods so they'll taste delicious, too

If you've been jogging, swimming, walking or racquetballing your way to a healthier body, you probably know you can get more out of your workouts if you watch what you're eating in between.

Good-for-you foods such as chicken, rice, fresh herbs and vegetables taste great, too, making "eating right" that much easier for health-conscious Americans. Chicken and rice, for instance, can be baked, boiled, steamed or fried. They go well with all kinds of spices and herbs — rosemary, curry, saffron, basil, oregano and mint.

Chicken Rice Medley is an easy-to-prepare recipe that's not only delicious but also provides a large portion of recommended daily nutrients. Serve with a tossed salad, bread sticks and fruit for a meal family and friends are likely to love.

## CHICKEN RICE MEDLEY

2 ¼ to 3 lbs. choice chicken pieces  
1 can (14 ½ to 16 oz.) tomatoes (about 2 cups), drained  
1 ½ cups chicken broth or water  
1 tsp. salt  
½ tsp. ground black pepper

¾ cup each chopped onions and green sweet pepper  
1 cup uncooked rice

Place chicken, skin side up, in buttered shallow 2 ½-quart baking dish. Bake uncovered at 450 degrees for 30 minutes or until browned. Combine tomatoes, broth, and sea-

sonings in saucepan. Bring to a boil. Remove chicken from oven. Top with onions, green pepper and rice. Add tomato mixture. Stir. Cover, reduce temperature to 350 degrees, and bake 30 minutes. Rice or until rice is tender and liquid is absorbed. Garnish with parsley, if desired. Makes 6 servings.

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