



# RECIPES

Native apples are here — try something new with these recipes!

## Spicy Apple-filled Squash

1 acorn squash (about 1 pound)  
1 Golden Delicious apple, peeled, cored, and sliced  
2 tsp. melted butter or margarine  
2 tsp. brown sugar  
1/8 tsp. cinnamon  
1/8 tsp. nutmeg  
Dash ground cloves

Heat oven to 350°. Grease a 1-quart baking dish. Halve squash and remove seeds; cut into quarters. Place quarters, skin side up, in dish and cover; bake 30 minutes. Meanwhile, in medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves. Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.

## Bistro Apple Pizza

2 tsp. garlic, minced  
2 Tbsp. olive oil  
1 12-inch prepared pizza dough crust  
2 cups fresh spinach, coarsely chopped  
1 1/2 cups Red Delicious, Golden Delicious, or Granny Smith apples cored, peeled and thinly sliced (or chopped)  
1 cup shredded low-fat, part skim Mozzarella cheese  
1 cup crumbled Blue, Gorgonzola or Roquefort cheese  
1/2 cup shredded parmesan cheese  
1 tsp. dried leaf oregano

Heat oven to 450°. Sauté garlic in olive oil over medium heat for 1-2 minutes. Remove from heat. Brush olive oil blend onto pizza crust. Distribute spinach evenly onto crust. Sprinkle on apples. Blend mozzarella cheese, blue cheese and parmesan cheese. Distribute evenly over apples. Sprinkle on oregano. Bake for 12-15 minutes or until cheese boils and crust is brown.

## Kale with Apples & Mustard

1 tablespoon extra-virgin olive oil  
1-1 1/2 pounds kale, ribs removed, coarsely chopped (see Tip)  
3/4 cup water  
2 Granny Smith apples, sliced  
2 tablespoons cider vinegar  
4 teaspoons whole-grain mustard  
2 teaspoons brown sugar  
Pinch of salt

Heat oil in a Dutch oven over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about 1 minute. Add water, cover and cook, stirring occasionally, for 3 minutes. Stir in apples; cover and cook, stirring occasionally, until the kale is tender, 8 to 10 minutes more. Meanwhile, whisk vinegar, mustard, brown sugar and salt in a small bowl. Add the mixture to the kale, increase heat to high and boil, uncovered, until most of the liquid evaporates, 3 to 4 minutes.

Milton ▪ 10 Bassett St. ▪ 617-696-5274

Hingham ▪ 79 Water St./Rt.3A ▪ 781-749-7332

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