

EAT GREEN • LIVE WELL

vegetarian times

STOCK UP!
«10»
VEG COOKING
MUST-HAVES

fresh FAST, GREEN

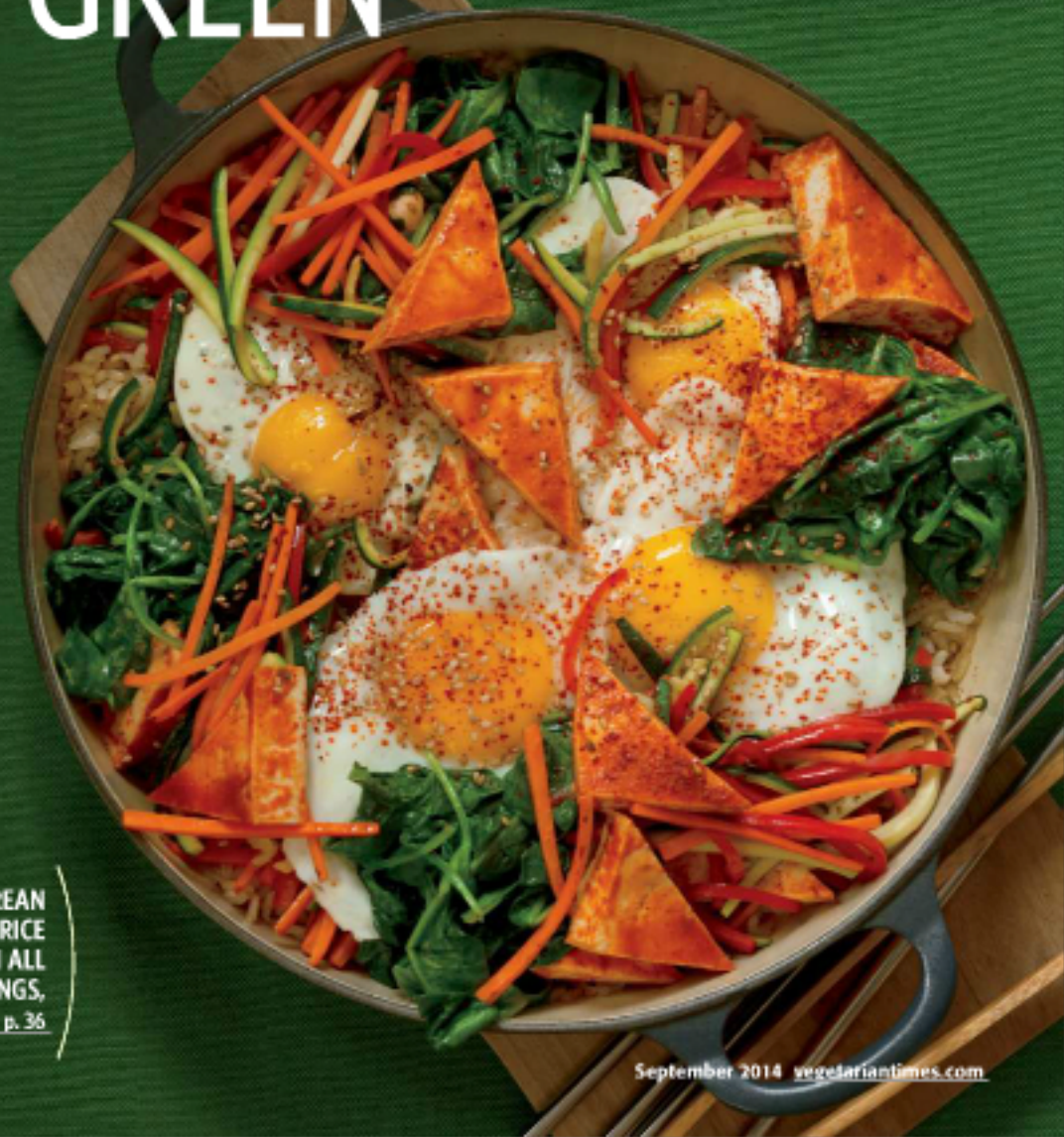
38 SPECTACULAR
SEASONAL RECIPES

INCREDIBLE
MAIN-DISH
SALADS

QUICK
& TASTY
NOODLE
BOWLS

IN SEASON
NEW WAYS TO
LOVE APPLES

KOREAN
CRISPY RICE
WITH ALL
THE FIXINGS,
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RECIPES BY Frances Largeman-Roth, RDN

FRESH WAYS TO LOVE AUTUMN'S
SIGNATURE FRUIT

1 FOOD ▼ 5 WAYS

apples

Here comes apple season! As early as mid-August (and sometimes mid-July), the first local fruits are ready to eat, heralding fall's impending arrival. The harvest period extends well into November, leaving you plenty of time to enjoy the fresh-picked bounty.

PHOTOGRAPHY: DIMITRI NEWMAN; PROP STYLING: BRIAN PRIMEAUX

SHOP SMART

With thousands of apple varieties grown around the world and new ones introduced each year, it can be hard to know which apples to choose beyond the familiar Granny Smiths, Galas, and Pink Ladies.

ASK Talk to the grower or a produce manager about the varieties available, their flavors, and their attributes. Find out which are better for pies, sauces, or salads.

TASTE Many farmers' market stands let you try slices of their varieties before you buy.

SEARCH Got your smartphone? Log on to [Orange Pippin \(orangepippin.com\)](http://OrangePippin.com) for information on more than 600 apple varieties.



Apple-Almond Galette

SERVES 9

No need for a pie pan to make a pretty French-style dessert.

DOUGH

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{1}{2}$ cup sugar
- 1 tsp. finely grated lemon zest
- $\frac{1}{4}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 stick cold unsalted butter, cut into small pieces ($\frac{1}{2}$ cup)

FILLING

- 1 cup slivered blanched almonds
- $\frac{1}{2}$ cup confectioners' sugar
- 1 large egg
- $\frac{1}{2}$ tsp. almond extract
- 2 tart, firm apples, such as Granny Smith, peeled, cored, and sliced $\frac{1}{4}$ inch thick
- 3 Tbs. apricot jam

1 | To make Dough: Pulse flours, sugar, lemon zest, baking powder, and salt in food processor until combined. Add butter, and pulse until mixture looks like coarse meal. With food processor running, add up to $\frac{1}{4}$ cup cold water until dough just comes together. Shape dough into ball. Wrap in plastic wrap, and chill 1 hour, or overnight.

2 | To make Filling: Pulse almonds and confectioners' sugar in food processor until combined. Add egg and almond extract, and process 1 minute, or until mixture is paste-like and nearly smooth.

3 | Preheat oven to 350°F. Line baking sheet with foil.

4 | Remove Dough from refrigerator, and unwrap, leaving plastic wrap beneath Dough. Place another sheet of plastic wrap on top of Dough. Roll Dough out into 9-inch square between sheets of plastic wrap. Remove top sheet of plastic wrap, invert Dough onto prepared baking sheet, and remove remaining sheet of plastic wrap. Spread almond mixture over Dough square, then top with 4 rows of overlapping apple slices, covering entire surface of galette. Bake 45 minutes, or until crust is golden.

5 | Warm jam in small saucepan over low heat until melted. Strain through fine mesh strainer into small dish.

6 | Cool galette 5 minutes, then brush with jam. Cut into 9 squares.

PER SLICE 349 cal; 6 g prot; 18 g total fat (7 g sat fat); 45 g carb; 48 mg chol; 93 mg sod; 3 g fiber; 24 g sugars

Apple, Carrot, Ginger, and Fennel Smoothie

SERVES 2 | 30 MINUTES OR LESS

The refreshing bite of ginger in this fiber-rich smoothie will wake you up on the groggiest Monday morning. For a pretty presentation, garnish with diced apple and fennel fronds.

- 1 sweet, crisp apple, such as Pink Lady or Honeycrisp, cored and sliced (1 cup)
- 1 cup sliced fennel bulb
- 2 medium carrots, peeled and roughly chopped ($\frac{1}{2}$ cup)
- 2 Tbs. peeled fresh ginger slices
- 1 cup unfiltered apple juice
- 1 Tbs. fresh lemon juice

Blend all ingredients in blender until smooth.

PER 1-CUP SERVING 144 cal; 2 g prot; <1 g total fat (<1 g sat fat); 36 g carb; 0 mg chol; 63 mg sod; 5 g fiber; 24 g sugars

Maple-Apple Muffins

MAKES 12 MUFFINS | 30 MINUTES OR LESS

Cooked quinoa keeps these baked treats moist and healthy. If you don't care about avoiding gluten, use all-purpose flour in place of gluten-free flour mix.

- 2 large eggs
- $\frac{3}{4}$ cup pure maple syrup
- 2 Tbs. canola oil
- 1 tsp. pure vanilla extract
- 1 Gala apple, peeled, cored, and diced (1½ cups)
- $\frac{3}{4}$ cup cooked quinoa
- 1½ cups gluten-free flour mix
- $\frac{1}{2}$ cup sugar
- 2 Tbs. ground flaxseed
- 1½ tsp. ground cinnamon
- 1 tsp. baking powder

- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. salt

1 | Preheat oven to 375°F. Line 12-cup muffin pan with paper liners. Spray liners with cooking spray.

2 | Whisk eggs in large bowl. Whisk in maple syrup, oil, and vanilla extract, then stir in apple and quinoa.

3 | Combine flour, sugar, flaxseed, cinnamon, baking powder, baking soda, and salt in separate bowl. Whisk until combined.

4 | Make well in flour mixture, and pour in half of apple mixture. Stir to combine. Add remaining apple mixture, and stir until batter is smooth.

5 | Divide batter among prepared muffin cups, and bake 20 minutes, or until toothpick inserted in center of muffin in center of pan comes out clean. Cool 5 minutes before serving.

PER MUFFIN 174 cal; 3 g prot; 4 g total fat (<1 g sat fat); 33 g carb; 31 mg chol; 214 mg sod; 2 g fiber; 19 g sugars

Caramelized Apples with Red Onion and Thyme

SERVES 4 | 30 MINUTES OR LESS

Excellent as a savory side, these tender apples go well with potato dishes, casseroles, and mushroom-based mains.

- 2 Tbs. olive oil
- 1 medium red onion (1½ cups), thinly sliced
- 2 Fuji apples, peeled, cored, and sliced (2 cups)
- 2 Tbs. balsamic vinegar
- 1 tsp. fresh thyme leaves

1 | Heat oil in large skillet over medium heat. Add onion, and sauté 5 minutes. Add apples in single layer, and cook 5 minutes without stirring.

2 | Flip apples, and cook 5 minutes more, or until onions are translucent and apples are tender. Stir in vinegar and thyme, and season with salt and pepper, if desired. Simmer 5 minutes more.

PER ½-CUP SERVING 111 cal; <1 g prot; 7 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 4 mg sod; 2 g fiber; 9 g sugars

tasty windfall

Need apples for applesauce or smoothies where looks don't count? Ask your local grower if he or she will sell you windfall apples (unripe apples that have fallen off the tree) or slightly blemished fruits for a lower price.



APPLE, CARROT,
GINGER, AND
FENNEL SMOOTHIE

Apple and Red Cabbage Slaw

SERVES 6 | 30 MINUTES OR LESS

This fall slaw is packed with surprises: cilantro, citrus, and crunchy-sweet apples.

- 3 cups coarsely grated red cabbage
- 1 medium orange bell pepper, thinly sliced
- 1 Granny Smith apple, cored and cut into matchsticks (1½ cups)
- 1 cup cilantro leaves, chopped
- 3 Tbs. fresh orange juice
- 2 Tbs. apple cider vinegar
- 1 Tbs. agave nectar
- 2 tsp. whole-grain Dijon mustard
- 2 tsp. olive oil

- 1 | Toss together cabbage, bell pepper, apple, and cilantro in large bowl.
 - 2 | Whisk together remaining ingredients in small bowl. Drizzle dressing over cabbage mixture, and toss to combine. Season with salt and pepper, if desired.
- PER 1-CUP SERVING 63 cal; <1 g prot; 2 g total fat (<1 g sat fat); 12 g carb; 0 mg chol; 52 mg sod; 2 g fiber; 9 g sugars

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