

Food SECTION

Apple Cups Hold Salad In Lunchbox

Whether your child takes his lunch to school in a box or you serve it at home, you are probably pressed for ideas that will make the noon meal appealing. One of the best ways to solve the noon-time problem (whether it be every day or just Saturdays) is to include an apple in the child's menu. Apples are favorite fruit anyway of the small fry, being packaged by nature for easy healthful eating and it is the rare case when a child objects to eating an apple. One of the finest varieties of eating apple is the Red Delicious available now in large sizes and at amazingly low prices. Tops for baking is the Rome Beauty, and either this or the Winesap are fine for cooking. Here are three excellent ways to include apples in your child's lunch-box, besides the fresh apple, which will hold any youngster's interest, but they should not be limited to lunchboxes either.

APPLE CUPS WITH RAINBOW SLAW
2 large Red Delicious apples
1/2 cup grated cabbage
1/2 cup apple pulp
1/2 cup grated carrots
1/2 cup seedless raisins
1/2 cup mayonnaise
1 tablespoon lemon juice
Salt to taste

Halve the apples, core and scrape out pulp to make a firm shell; dip apples in lemon water wash to prevent discoloring. Toss together grated cabbage, grated carrots, apple pulp, and raisins. Add mayonnaise which has been thinned with lemon juice, salt to taste. Mix and heap into apple cups which have been placed in center of foil square. Fold over foil and apple cup is ready to make a colorful, tasty lunch-box surprise. Serves 4.

TRICKY APPLE TRIFLE
Cut 1/2-over sponge cake or any plain cake into fingers about one inch thick and three inches long. Line a custard cup or a pretty sherbet glass with them. Fill the center of each cup with two tablespoons spiced apple sauce and 4 chopped or diced cherries (or 1 teaspoon puffed raisins in place of the cherries.) Make a thick sauce from a vanilla pudding mix, and fill each cup to the top. Sprinkle with cinnamon. Chill, and when ready to serve, top each cup with whipped cream and a whole cherry.

CHOCOLATE APPLE SAUCE BARS
2 squares (3 ounces) unsweetened chocolate
1/2 cup shortening
1 cup sugar
2 eggs, slightly beaten
1 cup apple sauce
1/4 cups sifted flour
1/2 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 cup chopped nut meats

Melt chocolate and shortening together over hot water. Cool slightly. Blend sugar, eggs, and apple sauce. Sift together the flour, baking powder, soda, salt, and spices. Add to first mixture. Stir in nut meats. Spread batter in two greased 8-inch square pans. Bake at 350 degrees for 20 to 40 minutes. Cool in pan; then cut into 8 dozen small bars.

Apple Recipes Found in Cans

APPLE BITELETS
Roll out pastry mix dough 1/4" thick, cut in 2-inch rounds. Drop teaspoons of sweetened canned apple sauce on half the number of rounds. Top with remaining rounds. Press edges together with fork and prick tops. Bake at 450 degrees until golden. Nice to pass as finger bites with coffee or cold drinks.

Apple juice and grapefruit juice blended half 'n' half serves as a lively bright pick-up morning, afternoon or evening. Makes a good appetizer, too.

How to make a sparkle dessert in nothing flat: Empty a can of apple slices into your prettiest dessert dish. Now melt 1/2 cup currant jelly and add 1/2 teaspoon vanilla extract. Spoon over the canned apple slices, and let stand in the refrigerator to chill and thicken. Serve with cream/whipped cream, if you prefer.

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