

## **LOVE STARTS IN THE KITCHEN!™**

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### **RITA ON THE WEB!**

Log onto my new website: [www.Abouteating.com](http://www.Abouteating.com)

### **MORE RITA!**

Check out my books *Gifts without Ribbons, Culinary Herbs that Heal Body and Soul, The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.

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### **No Fuss Homemade Applesauce and Fruit Rollups/Leather**

Guess what? Our Winesap apples are ready for picking almost a month early, but then again, Mother Nature rules here. I'm making batches of applesauce and turning some of them into those yummy fruit rollups that kids like. The bonus? No preservatives and only as much sugar as I want!

Wash, core and cut 3-5 pounds fruit into chunks (apples and pears work well). Leave skin on because there is pectin in the peel and that pulls cholesterol out of your body.

#### **Cooking options:**

**Crockpot:** Spray pot with a nonstick spray. Put fruit in. Cook on low 8-10 hours or high 4-5 until fruit is soft enough to mash.

**Stovetop:** Place in heavy or nonstick large pot. Add up to 1 cup water, cider or apple juice (to keep fruit from sticking), and simmer until fruit is soft. You may have to add a bit more liquid. Be careful here because the mixture tends to sputter up.

**To Puree:** After fruit is cooked, run through food mill or sieve, a blender, food processor. desired, sweeten to taste with sugar, Stevia (found in **NATURAL FOODS**) or Splenda. Add cinnamon or pumpkin pie spice to taste. Do this while fruit is still warm. Now you have the best tasting homemade applesauce!

To turn the applesauce into fruit leather, you need to dry it to let all the moisture evaporate out, and here's how you do it:

#### **Drying to make fruit rollups/leather:**

**In the sun:** Cover cookie sheets with foil, dark side facing up so that the fruit absorbs the sun more. Spray and spread mixture on foil, about 1/4" thick. Place outside in the sun and bring in at night or if it rains. It will take 2 days to a week.

**Oven:** Dry in warm oven. It will take anywhere from 4-8 hours or more depending upon the kind of apples, etc.

**How to tell if the fruit leather is done:** It should pull up from the pan in one sheet.

#### **Storing:**

In refrigerator, up to 6 months, and up to 1 year in freezer.

### **RITA'S KITCHEN TIP OF THE WEEK:**

Start acclimating the herbs you will be keeping indoors over winter by placing them in a sheltered location (that way they will get used to not as much light, etc.). And here's a great tip for keeping your produce free of pesticides, toxins, etc.

#### **REMOVING PESTICIDES FROM PRODUCE:**

For every 6 cups water add 3 tablespoons cider vinegar (I like the organic cider vinegar in **NATURAL FOODS**). Add produce and gently swish around or scrub with a washcloth if applicable. Rinse in clear water and dry. Store as usual.

Log onto my website [www.abouteating.com](http://www.abouteating.com) for a complete list of "The Dirty Dozen" – those produce items most affected by pesticides. As a bonus, you'll get a list of the foods less affected by pesticides.