



# SIMPLY GOOD FOOD

## PECANS

Long before the Europeans arrived, the pecan served as a major food source for many Native American Tribes. Later the Indians traded pecans to the settlers for food, furs, and guns. There are now over 500 different species of pecan trees. Georgia produces over forty-five percent of the United States pecan crop.

Pecans are not only delicious, but these tasty nuts are also very nutritious. It has been proven that eating a third of a cup of pecans a day lowers the LDL, or "bad", cholesterol. Pecans are also a good source of protein, fiber, oleic acid, thiamin, and magnesium. I guess we can see why the Indians included these nuts in their diets!



### AVAILABILITY

Pecans are harvested in the fall and are available in their shells during that time. Most markets carry shelled pecans either whole or chopped throughout the year.

### PREPARATION

To bring out the pecan's full flavor, toast them on a baking sheet in a preheated 350 degree oven until fragrant (6-8 minutes).

### SELECTION

Unshelled pecans should feel heavy for their size. Because shelled nuts turn rancid quickly, buy from a store with rapid turnover.

### STORAGE

Because of their high oil content, pecans turn rancid quickly. Store unshelled pecans in a cool, dark, dry place and use within six months. Shelled pecans may be frozen for up to six months and refrigerated for up to three months.



## CRUNCHY CARAMEL APPLE PIE

- 1 pastry crust for a deep-dish pie 9-inch (homemade or store-bought)
- ½ cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 6 cups thinly sliced peeled apples
- 1 recipe crumb topping (see below)
- ½ cup chopped pecans
- 1/4 cup caramel topping

### Ingredients for Crumb Topping:

- 1 cup packed brown sugar
- ½ cup all-purpose flour
- ½ cup quick cooking rolled oats
- ½ cup butter

### Directions for Crumb Topping:

1. Stir together brown sugar, flour, rolled oats.
2. Cut in ½ cup butter until topping is like coarse crumbs. Set aside.

### Directions:

1. In a large mixing bowl, stir together the sugar, flour, cinnamon and salt.
2. Add apple slices and gently toss until coated.
3. Transfer apple mixture to the pie shell.
4. Sprinkle crumb topping over apple mixture.
5. Place pie on a cookie sheet so the drippings do not drop onto the oven.
6. Cover edges of pie crust with aluminum foil.
7. Bake in a preheated 375 degree oven for 25 minutes. Then remove foil and put back in for another 25 to 30 minutes without.
8. Remove from oven. Sprinkle pie with chopped pecans then drizzle with caramel on top.
9. Cool on a wire rack and enjoy warm or at room temperature.

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Supporting State Extension Goal: Health, Safety and Well Being

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