



Apples



Why eat apples:

- Rich in antioxidants, which help fight heart disease, cancer, and Alzheimer’s Disease.
- Excellent source of fiber to make you feel full and help with digestion

How to store and when to throw out:

- Store uncut apples in the refrigerator for up to 1-2 months.
- Don’t be scared of brown spots and bruising! Cut around them.
- Throw out when texture has become soft and molding is present.

Apple Crisp

Makes 8 servings

Ingredients:

- 5 medium apples, cored and diced
- 6 tablespoons quick-cook oats
- 5 tablespoons all purpose flour
- 1/2 cup brown sugar
- 5 teaspoons ground cinnamon
- 1/3 cup butter, refrigerated
- 1 tablespoon vanilla extract
- 1 teaspoon ground nutmeg

Directions:

1. Preheat oven to 350 degrees F.
2. Toss apple dices in vanilla extract, nutmeg, and 1/2 the cinnamon.
3. Spray a square 8x8” glass baking dish with non-stick cooking spray. Spread apple dices on the bottom of the pan.
4. In a medium bowl, combine oatmeal, flour, brown sugar, and cinnamon. Cut butter into small pieces and add to bowl.
5. Use hands to “cut” or mix butter into the flour mixture until it looks like small crumbs.
6. Sprinkle the crumble mixture over top of the apples.
7. Bake in the oven for about 20 minutes.

Chef Note:

Use zucchini in place of apples for a nutrient packed dessert. No one will know the difference!

Quick Tips:

- Do not wash apples until ready to eat.
- The skin of the apple contains most of the fiber.
- Apple slices make a delicious and healthy snack when dipped in peanut butter or served with crackers.
- To prevent slices from browning, spray with a mixture of 1 part lemon juice to 3 parts water.

Nutrition Facts	
Serving Size (125 g)	
Amount Per Serving	
Calories 65	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 0g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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There are many types of Apples:

Red Delicious:

- Firm, white flesh with a sweet flavor.
- Great for cooking or using in salads.

Gala:

- Has a slight yellow-orange skin color and a sweet flavor.
- Great for snacking, baking, pies, or salads .

McIntosh:

- Firm with red and green speckled skin. Slightly tart flavor.
- Great for baking or making applesauce.

Granny Smith:

- Light green skin with a hard texture and tart flavor.
- Great for salads, baking, pies, or even eating plain.

Buying Guide:

- **Fresh** apples are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits are best when canned in *100% juice* (not syrup). Make sure to drain and rinse them to get rid of added sugar. In the store, look for varieties of applesauce that are unsweetened.

Zucchini Apple Hash

Makes 6 servings

Ingredients:

2 potatoes, chopped

3 medium apples, chopped

2 zucchini, chopped

Canola oil for drizzle

1 teaspoon Greek seasoning OR a of pinch garlic, oregano, thyme, salt and pepper

Directions:

1. Heat oil in a large skillet over medium heat.
2. Sauté potatoes and apples until potatoes are cooked through.
3. Add zucchini and seasoning. Cooking 3-5 more minutes, until zucchini is tender.

*Serve with breakfast or with roasted pork.

*Add chicken sausage to make a complete dish.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

