

What's Fresh:

Apples



They're naturally good!

- ◆ Good source of fiber & vitamin C
- ◆ Low glycemic index
- ◆ Rich in phytonutrients and antioxidants
- ◆ 1 cup = 1 serving of fruit

Storage Tips:

Refrigerate apples in a plastic bag.

Eat within 3-4 weeks.

Healthy & Easy:

Don't peel them!

Most of the apple's nutrients and antioxidants are located in the skin.

Preparation Tips:

- ◆ Wash just before using: rinse & pat dry.
- ◆ Place the apple upright on the cutting board. Hold the apple steady and cut closely around the core.
- ◆ Discard the core.
- ◆ Place the flat side of each apple piece on the cutting board. Cut into slices of desired thickness.
- ◆ To dice, cut slices cross-wise in the opposite direction.

Ways to eat apples:

- ◆ **Take them to-go.** Have an apple on-hand when hunger strikes!
- ◆ **Dip them in peanut butter.** This classic combination makes a great snack.
- ◆ **Add them to smoothies.** In a blender, combine 1 chopped apple, 1 banana, 1/2 cup of water, milk or 100% juice, and a handful of ice. Get creative and experiment! – add low-fat yogurt, fresh spinach or kale, and any fresh, frozen or canned fruit you like!
- ◆ **Add them to salads.** Add chopped apples to green salads for extra sweetness & crunch. They go great with dried fruit and nuts. Toss with a simple vinaigrette. *See recipe on the back.*
- ◆ **Add them to coleslaws.** Cut apples into matchsticks or shred them with a box grater. Mix with shredded cabbage, carrots and kale for natural sweetness. *See recipe on the back.*
- ◆ **Make applesauce.** In a pot, combine 6 chopped apples, 1 teaspoon of cinnamon and 1 cup of water. Bring to a boil over high heat, stirring often. Turn heat to medium and simmer for 30 minutes or until apples are very soft. Leave lumpy or mash with a fork. Serve warm or cold.
- ◆ **Add them to savory dishes.** Apples are great in savory dishes like soups and stews. They can also be sautéed. Apples pair well with carrots, sweet potatoes and winter squash.
- ◆ **Bake them.** Cut out the core of the apples, leaving the bottom in tact. Fill each apple with 1 Tablespoon of brown sugar and 1 teaspoon of butter. Sprinkle with cinnamon. Wrap each apple with foil and place in a baking dish. Bake for 425°F for 40-45 minutes or until apple is soft and inside is brown.



See more recipes on the back ➡



Make it a meal!

RECIPES

Green Salad with Apples**

Ingredients:

4 cups spinach, kale, or mixed greens
½ cup raisins or cranberries
1 apple, chopped
¼ cup finely chopped onion
¼ cup shredded or crumbled cheese (optional)
½ cup chopped pecans or walnuts (optional)

3 Tablespoons canola or olive oil
1 ½ Tablespoons lemon juice or vinegar
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon Dijon mustard (optional)
1 teaspoon honey or sugar (optional)

Directions:

1. In a large bowl, whisk together oil, vinegar/lemon juice, salt, pepper, mustard and honey/sugar (if using).
2. Add greens to a large bowl. *If using kale:* pour half the dressing over the kale and coat the leaves by “massaging” them with your hands (squeezing it gently by the handful) at least 1 minute. Let stand 10 minutes.
3. Add dried fruit, chopped fruit, onion, nuts (if using) and cheese (if using).
4. Pour remaining dressing over salad and toss well to combine. Serve immediately.

Sweet and Spicy Coleslaw**

Ingredients:

4 cups chopped or shredded cabbage
½ cup raisins
¼ cup oil
¼ teaspoon cayenne or ½ teaspoon hot sauce

2 medium apples, finely chopped, skins left on
3 Tablespoons vinegar (like apple cider vinegar)
3 Tablespoons honey or sugar
¼ teaspoon salt (optional)

Directions:

1. In a large bowl toss cabbage, apples and raisins.
2. In a small bowl, whisk together oil, honey, vinegar, salt and pepper.
3. Pour liquid over the cabbage/apple mix and toss to coat.
4. Serve as a side dish, or as a topping for sandwiches in place of lettuce.

Apple Crisp*

Ingredients:

5 medium apples, chopped
¾ cup brown sugar
½ cup whole wheat flour
½ teaspoon ground cinnamon

¼ teaspoon nutmeg (optional)
1 ½ cup oats
4 Tablespoons cold butter, cut into pieces
Non-stick cooking spray

Directions:

1. Preheat oven to 350 °F.
2. In a large bowl, toss together chopped fruit with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into a greased 9x9-inch baking dish.
3. In a small bowl, mix remaining flour and brown sugar, oats and butter. Mix with hands until crumbly.
4. Sprinkle the oat mixture over the apples. Bake uncovered for 40 minutes or until top is browned or bubbly.

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