

# 10 Quick Recipes & Facts About Apples!



**1. Leave the peel:** Most of the healthy stuff in apples is in the skin, so be sure to eat the whole apple! Lightly scrub apples under cold running water to remove dirt & germs.

**2. In salads & slaws:** Shred raw apples with a cheese grater & mix into chicken salad, green salad or coleslaw.

**3. Roasted apples:** Heat oven to 400°, core & cut 4 apples into quarters. Combine 2 tablespoons sugar & 1 teaspoon cinnamon in a large bowl; add apples & toss to coat evenly. Place apples in a single layer on a baking sheet & bake until just tender, about 30 mins, stirring once or twice.

**4. For your heart:** The antioxidants & fiber in apples have been shown to help protect against heart disease, keep cholesterol low & lower risk of stroke.

**5. Make applesauce or baby food:** Core & slice 2 lbs apples (leave skin on), then add to pot with 1-cup water, teaspoon of cinnamon, slice of lemon & pinch of salt. Bring to boil, cover & reduce heat to low. Simmer until apples are very soft (~20 mins.), stirring frequently & adding water if necessary. Remove lemon slice, then mash or process through food mill.

**6. Vitamin C:** The vitamin C in apples helps our immune systems – eat an apple a day to keep the doctor away!

**7. Classic apple slices:** Try apple slices served with a bit of peanut butter or slivers of low-fat cheese for a healthy snack.

**8. Apple pie oatmeal:** Add diced apples, cinnamon & a bit of maple syrup to a bowl of cooked oatmeal.

**9. 5 a day:** Apples are part of the fruit family – include them in your 5 servings of fruits & veggies a day.

**10. Dice 'em up:** Add diced or apples to muffin, pancake & waffle mix, as a topping to yogurt or cereal, or as part of a fresh fruit salad.

See other side for another recipe & complete apple nutrition facts...



# Apple Onion Omelet

Adapted from [davita.com/recipes](http://davita.com/recipes)

## Ingredients

Serves 2

3 eggs

1/4 cup + 1 TBS milk

1/8 tsp black pepper

1 TBS butter or margarine

3/4 cup onion, sliced very thin

1 large apple, cored & thinly sliced

2 TBS grated cheddar cheese.

## Directions

1. Preheat oven to 400°. Beat eggs with milk & pepper in a small bowl; set aside.
2. Over medium heat, melt butter or margarine in small, ovenproof skillet. Add onion & apple, & sauté until onion becomes translucent (5-6 mins.)
3. Spread out onion & apple mix evenly in skillet & sprinkle cheddar cheese over it.
4. Pour egg mix evenly into skillet & cook over medium heat until edges begin to set. Transfer skillet to oven & bake until center is firmly set (10-12 mins). Cut omelet in half & serve immediately.



## Apple Nutrition

Nutritional data & images courtesy of [NutritionData.com](http://NutritionData.com)

### 1 medium with skin

Nutrition Facts			
Serving Size 1 cup, shredded 70g (70 g)			
Amount Per Serving			
Calories 9	Calories from Fat 1		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat			
Cholesterol 0mg	0%		
Sodium 46mg	2%		
Total Carbohydrate 2g	1%		
Dietary Fiber 1g	3%		
Sugars 1g			
Protein 1g			
Vitamin A	63% • Vitamin C	52%	
Calcium	7% • Iron	3%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate:		300g	375g
Fiber		25g	30g