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 toping to yogurt or cereal, or as part of a fresh fruit salad.

Apple Onion Omelet

Adapted from davita.com/recipes

Ingredients

Serves 2

3 eggs

1/4 cup + 1 TBS milk

1/8 tsp black pepper

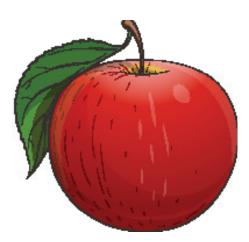
1 TBS butter or margarine

3/4 cup onion, sliced very thin

1 large apple, cored & thinly sliced 3.

2 TBS grated cheddar cheese.





Directions

- 1. Preheat oven to 400°. Beat eggs with milk & pepper in a small bowl; set aside.
- 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

1 medium with skin

		n Fa	
Amount P	er Servinç	1	
Calories 9)	Calories	from Fat 1
		% Dai	ly Value*
Total Fat 0g			0%
Saturate	ed Fat Og		0%
Trans F	at		
Cholesterol 0mg 0			
Sodium 46mg			29
	ohydrate	2a	19
Dietary Fiber 1g			39
Sugars			
Protein 1g			
Totaling			
Vitamin A	63%	• Vitamin (529
Calcium	7%	• Iron	39
	lues may be hi	ased on a 2,00 gher or lower d 2,000	
Total Fat Sat Fat Cholesterol	l ess than Less than Less than	65g 20g 300mg	80g 25g 300mg
Sodium Total Carboh Fiber	Less than ydrate	2,400mg 300g 25g	2,400mg 375g 30g

