

APPLES

Apple Favorites



SEE INSIDE

FOR RECIPES AND COOKING TIPS

Eat Fruits and Vegetables Every Day

Everyone loves apples. Here are ways to get cooking and baking for better health from Foodandhealth.com

Apple A Day

Monday



Make apple sauce to use for lunches and desserts.

Tuesday

Pack crisp apples in your lunch box or for snacks on the go.

Wednesday

Make a turkey apple pita pocket and put it in a delicious brown box lunch.

Thursday

 Make apple rice stuffing and serve with baked fish.

Friday

Serve apple pizza for dessert.

Saturday

Bake apple muffins for breakfast and snacks.

Sunday

Make a baked dinner: baked chicken, baked potatoes, baked apples and serve with a big tossed salad.

BAKING WITH LESS CALORIES

Here are easy ways to lower calories, fat, saturated fat and sodium from baking recipes:

1. Use applesauce in place of half or more of the fat in baked goods like muffins and quick breads. It replaces equal amounts of oil and margarine.
2. Substitute 1/4 cup egg whites or nonfat egg substitute for each whole egg.
3. Use white wholewheat flour in place of all-purpose flour. Find this product in whole-foods markets. It adds the fiber and nutrients from the whole-grain.
4. Use a light sugar for baking such as Sugar Lite or Splenda Sugar Blend for Baking to help lower calories.
5. Use skim milk in place of whole milk.
6. Use just one pie crust on the top of pies or eliminate crust completely.
7. Eliminate frosting or use sparingly on a frozen cake.
8. Bake smaller batches.
9. Make everything much smaller. Think finger size, not hand size!



Four Corners Health Department



Public Health
Prevent. Promote. Protect.

Apple Oat Bake

4 baking apples, peeled, cored and sliced
3 Tbsp sugar
1 tsp orange zest
1/2 tsp apple pie spice
1 Tbsp water
2 Tbsp quick cooking rolled oats

Combine all ingredients together in a large mixing bowl.

Oven: Preheat oven to 350°. Pour mixture into a medium-sized baking dish, cover with foil and place in the center of the oven.

Bake until apples are soft and juices are bubbling - about 45 minutes.

Microwave: Pour mixture into a shallow microwave container.

Cover with lid or plastic wrap and microwave on high for 10-15 minutes or until apples are soft and juices are bubbling. Stir half way through. Serve warm.

Servings: Serves 4. 1/2 cup per serving

Nutrition Information (per serving):

130 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 30 g carbohydrate, 3 g fiber, 25 g sugars, 1 g protein.

Diabetic Exchanges:

Fruit: 2.0

Preparation & Cooking Time: 20 min. (5 Prep, 15 Cook)



This delicious recipe uses creamy oatmeal to thicken the juice of the apples. You can make it in a regular or microwave oven.

Cook Tips

Toast the walnuts for better flavor - use a toaster oven or broiler for just a few minutes.

The blue cheese crumbles better when it is very cold. You can also substitute shredded cheddar.

Servings:

Serves 6. Each serving: 1-1/2 cups.

Nutrition Information (per serving):

90 calories, 5.5 g fat, 1.5 g saturated fat, 0 mg cholesterol, 10 g carbohydrate, 3 g fiber, 4 g sugars, 2.5 g protein.

Diabetic Exchanges:

Fat: 0.5

Vegetable: 1.0

Total Preparation & Cooking Time:

10 min. (10 Prep, 0 Cook)

... A SALAD A DAY...

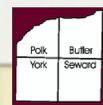
Apple Walnut Tossed Salad

8 cups mixed leafy greens
1 cup grape tomatoes
1 apple, diced
1/4 cup diced red onion
1 tablespoon crumbled blue cheese
2 tablespoons chopped walnuts
1 lemon, cut into wedges
1/4 teaspoon black pepper to taste
1 tablespoon olive oil

Place the greens in a large salad bowl. Top them with the tomatoes, apple, onion, cheese and walnuts.



Garnish the salad with lemon wedges and black pepper. Serve with a cruet of olive oil to the side.



Four Corners Health Department



Public Health
Prevent. Promote. Protect.