



## TRY THIS: APPLES

Did you know: Apples come in thousands of varieties with many different tastes for you to enjoy. They are one of the most widely grown fruits around the world and the most popular fruit in America. Apples are loaded with vitamins, minerals, and fiber, which are why they are great for better heart health, keeping your cholesterol in check, and improving dental health.

### How to:

**Pick it:** Choose brightly colored apples that are firm and heavy for their size. Be sure to choose apples with smooth skin and no bruises.

**Store it:** Store apples in a plastic bag in the refrigerator away from other fruits and vegetables. Apples stored in the refrigerator can last up to six weeks.

**Use it:** An apple is one of the easiest fruits to eat because you don't have to prepare it or cook it. Grab it, wash it, and eat on the go. Try cutting up an apple and eating it with peanut butter or some caramel. Kids are also more likely to eat apples if they are cut up.

Keep cut apples from browning by soaking them in pineapple juice or lemon juice for a couple of minutes. You can also bake, mash, dry, and freeze apples for a healthy snack.

**When it's in season:** September to May



### CARAMEL APPLE SALAD

**Servings: 6-8**

**Ingredients:**

- One 6-oz. container of 0% fat Greek yogurt (plain flavor)
- 2 tbsp. brown sugar
- 1 tsp. Vanilla extract
- 2 medium golden delicious apples, cored and cut into ½ inch diced pieces
- 1 cup finely chopped or shredded green cabbage (about one fourth of a small cabbage head)
- 3 tbsp. chopped pecans or walnuts

**Directions:**

1. In a bowl, mix together the yogurt, brown sugar and vanilla to make the apple dressing.
2. Combine the apples, cabbage and pecans in a large bowl.
3. Pour the dressing over the apple/cabbage mixture and stir to coat all the ingredients.
4. Refrigerate for 30 minutes or longer to chill.

### CINNAMON CROCKPOT APPLESAUCE

**Servings: 12**

**Ingredients:**

- 1 ¾ c. pomegranate seeds (from 2 pomegranates)
- 12 cups peeled, cored, thinly sliced, cooking apples
- ½ cup sugar
- 1 teaspoon cinnamon
- 1 cup water or 100% apple juice
- 1 tablespoon lemon juice
- freshly grated nutmeg (optional)

**Directions:**

1. Combine sugar & cinnamon.
2. Mix with apples.
3. Stir in water, lemon juice, & nutmeg (optional).
4. Cover & cook on low 5-7 hours or on high 2 1/2 - 3 1/2 hours.
5. Mash to desired consistency with a potato masher.
6. Serve hot or cold.