

Amazing Apples

October 6, 2022



Concepts Taught

- Learn why apples are good for you
- Facts about apples
- Discuss some out-of-the ordinary ways you can use apples
- Receive 3 recipes for apples

Apple Facts

- Choose apples that are firm, well-colored, and free of bruises and pitting.
- Store apples in the fridge 4-6 weeks. Store in a plastic bag with holes or in the crisper drawer to help with moisture/humidity.
- Rinse apples in cool water or a vinegar/water mixture. Do not use soap.
- Pigments give apples their different colors. Chlorophyll - green apples, carotenoid - yellow apples, anthocyanin - red apples. As apples grow, these pigments break down which changes the color.

Tasty Apple Ideas

- **Apple Salsa:** Mix together apples, bell pepper, lime juice, jalapeno, cilantro, honey, onion, salt and pepper, and enjoy with whole grain pita or tortilla chips, or serve on top of chicken or fish.
- **Apple Burger:** Finely chop or shred apples and add to ground turkey or beef. Mix with onion powder, salt, pepper, and Dijon mustard. Shape into patties and cook to desired doneness.
- **Apple Quesadilla:** Rinse and slice apples, then add to a cheese quesadilla.

Apple Pie Smoothie

In a blender, combine: 1 frozen banana, 3/4 cup vanilla Greek yogurt, 1/2 cup low-fat milk, 2 tablespoons almonds, 1/2 apple, sliced, 1/4 teaspoon cinnamon, splash vanilla extract, and 4 to 5 ice cubes. Blend until smooth.

Key Take Aways

Apple Ideas

- **Make applesauce in the slow cooker**
 - Core and dice apples. Add ¼ cup water, cook on low till apples are soft and mushy. Mash the apples, let cool, then add spices and/or honey to sweeten.
- **Dried apples**
 - Thinly slice apples, dust with cinnamon, place on a cookie sheet in a single layer, and bake at 225 F for about 2 hours or until apples are curled and lightly browned.
- **Freeze them**
 - Slice and place on a piece of parchment paper on a cookie sheet, freeze for a couple of hours. Put in a freezer safe container, should last about 6 mos. in the freezer. You can do a spritz of lemon juice and water to prevent browning.
- **Apple sandwiches**
 - Slice apples into disc and top with peanut butter, granola, dried fruit, nuts, choc chips, etc.
- **Add** to salad or sandwich
- **Mix** shredded apples into muffin, pancake, or waffle batter

Why Apples are Great

- **Vitamin A:** Helps with vision, cell health, reproduction and immunity.
- **Vitamin C:** Build healthy hair, skin, nails, and helps your body's healing process.
- **Fiber:** Keeps your digestive system healthy and working, helps keep you fuller for longer.
- **Potassium:** Necessary for the normal functioning of all cells. It regulates the heartbeat, ensures proper function of the muscles and nerves.
- **Polyphenols:** Antioxidants that may help protect against cancer, asthma, cardiovascular disease, and diabetes.
- **Sodium Free:** Helps reduce the risk of high blood pressure.
- **Tasty and Versatile:** There are so many different varieties/flavors of apples and can be enjoyed raw or added to many dishes for added flavor and texture.