



Pick it! Try it! Like it!

APPLE

Pick it!

There are about 2500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keeping apples in a bag in the refrigerator or in the drawer helps them last longer.

As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.

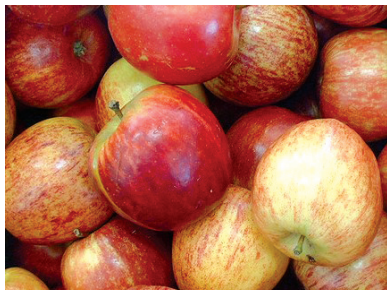
Try it!

Wash before eating. Use raw as a snack or in a sack lunch, sliced in salad, or cooked as applesauce.

Make unsweetened applesauce with sweet apples. Peel, core, and coarsely chop 4 apples. Simmer in a saucepan with $\frac{1}{4}$ cup water and one lemon slice for 10 minutes. Stir frequently and crush when soft if desired. Add cinnamon and nutmeg.

May be baked into apple crisp or apple pie.

Apple slices can also be baked or dried into apple chips.



Gala

- Favorite for fresh eating, baking, salads, making applesauce
- Heart shaped, yellow-orange skin and red striping



Granny Smith

- Great baked and sautéed and great fresh
- Bright green peel with pink blush, tart taste



Red Delicious

- Excellent fresh, sweet mild flavor, skin can be tough
- Tall conical shape with bright red coloring

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Yummy Apple Nachos

by Hy-Vee Chef Scott Teal



Chef Scott is the executive retail chef at the Empire Hy-Vee. A graduate of the Texas Culinary Academy and Brookings native, he enjoys creating cooking classes, food demonstrations along with meeting new and old customers of Hy-Vee. Stop by and say “Hi” to Chef Scott and ask questions and allow him to help you create lasting memories in your kitchen.

Ingredients *(opt. means optional)*

- 2 ea large apples (cored and sliced)
- 1 tbsp lemon juice
- 1/4 cup your favorite granola
- 1/4 cup your favorite dried fruits
- 1 tbsp sunflower seeds

Sauce

- 1 tbsp honey
- 2 tbsp water
- 1/4 cup low fat peanut butter
(opt. unsweetened peanut butter, almond butter, or sunflower butter)



Preparation time: 10 minutes

Directions

Mix apples with lemon juice and arrange on a serving plate. In microwave safe bowl, place sauce ingredients and heat briefly (15-30 sec) to melt together ingredients. Stir and drizzle over apples. Place granola, fruit and seeds over the apples and sauce mixture. Enjoy as a healthy snack for both kids and adults!

Recipe makes 2 servings.

Did you know?

Many nutrients, like fiber and vitamin C are located either inside the apple skin or just underneath it. It's a good idea to eat apples with their skins intact!



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Live Well.

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