Fruit of the Month: Apple

December 2017

How to eat:

- Bake apples and top with non-fat vanilla yogurt for a great quick and healthy dessert option. Click here for an easy recipe.

- Apples are a great quick and healthy snack, all you have to do is wash and go! Use lemon juice to keep sliced apples from browning.

- Add diced apple to your oatmeal or pancake mix for extra flavor and fiber.

Apples are one of the most popular fruit and they come in over 7,500 different varieties. Some of the most common varieties found in CA grocery stores include: Red Delicious, McIntosh, Golden Delicious, Gala, Granny Smith, Fuji, Braeburn, Pink Lady, Honeycrisp and much more. A medium apple has about 95 calories, 4 grams of fiber and 191.5mg of potassium. Apples are also a rich source of polyphenols that have many health benefits including reducing your risk of cancer and oxidative stress. The fiber and many of the polyphenols are packed in the skin of the apple. Apples are also very filling because of their high fiber and water content so you will fill full with less calories and this can help you to maintain or lose weight.

Slow Cooker Apple Crisp

Makes: 6 servings

Ingredients:

For topping:
1 1/4 cups whole wheat flour
3/4 cup rolled oats
1/2 cup packed brown sugar
1 tsp. ground cinnamon
1/4 tsp. salt
6 tbsp. margarine, chilled

For filling:
6 medium apples, peeled, cored and sliced
2 tbsp. whole wheat flour
1 tsp. cinnamon
1 tbsp. lemon juice

Directions:

Place flour, oats, cinnamon, and salt in a medium bowl. Add the chilled margarine and use your hands to combine and create a crumble. Add the apples, sugar, flour, cinnamon and lemon juice to the crockpot. Stir to combine. Sprinkle with topping. Place a large sheet of paper towels over the slow cooker and cover with the lid. Set the slow cooker to high and cook for 1 1/2 hours.

Nutrition Facts:

281 calories, 4g protein, 48g carb, 5g fiber, 24g sugar, 2g saturated fat, 10g fat, 0mg cholesterol, 79mg sodium.
How to eat:

- Roasted veggies are so easy and packed with flavor. Slice carrots and lay on a baking sheet, drizzle with olive oil and salt and pepper and roast in a 400 degree oven until tender and browned.

- Use your roasted carrots or steamed carrots to make a carrot soup. Click here for an easy recipe.

- Sautéed carrots are a great simple side dish to add to any meal. Just heat some olive oil in a pan over medium heat and cook carrots until crisp and tender. Add your favorite seasonings and herbs.

Carrots are known for their beta-carotene content but they also contain vitamin C and anthocyanins that provide antioxidant support. Research has shown that carrots can also help to reduce the risk of heart disease, particularly those that are orange/yellow. One cup of raw carrots has 52 calories, 3.6 grams of fiber and 409mg of potassium.

Garlic Roasted Carrots
Makes: 6 servings

Ingredients:
- 1 pound carrots
- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 5 cloves garlic, minced
- 1 tsp. dried thyme
- Salt and pepper to taste
- 2 tbsp. chopped fresh parsley

Directions:
Preheat oven to 375 degrees F. Line a baking sheet with parchment paper. Place carrots in a single layer on the baking sheet, add olive oil, balsamic vinegar, garlic and thyme. Season with salt and pepper. Toss to combine. Place in the oven and bake for 35-40 minutes or until tender. Serve immediately, garnish with parsley.

Nutrition Facts:
75 calories, 1g protein, 8g carbohydrate, 5g fat, 2g fiber, 1g saturated fat, 0mg cholesterol, 48mg sodium