

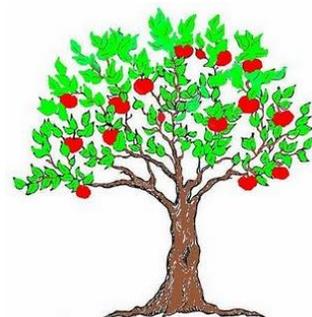
# Food for Thought

October 2020

## An Apple a Day

Fall is in the air which means that apples are in season. We have all heard the saying, “An apple a day, keeps the doctor away.” Apples are a great choice because they are:

- Delicious
- Easy to carry for snacking
- Low in calories (about 80 calories per tennis ball sized apple)
- Very inexpensive.



### Did you know?

- 🍏 Apples have 4 grams of fiber, including both soluble and insoluble fiber.
  - ⇒ Soluble fiber helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease.
  - ⇒ Insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.
- 🍏 It is best to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin and eating the skin also increases insoluble fiber content.
- 🍏 There are more than 7,500 varieties of apples worldwide.
- 🍏 Apple varieties have different qualities (sweet, tart, soft and smooth or crisp and crunchy), depending on the one you choose.
  - Jonathans are tart, great for baking or eating.
  - Honeycrisps are sweet, crisp, and delicious for eating.
  - Galas are sweet, good for, eating, or salads.
  - Granny Smith apples are tart and great for baking.



Apples have a great shelf life and can be used in numerous ways when cooking – think salads, cake, muffins or bread, in pancakes, sandwiches, oatmeal, or hot in chili, stuffing, or with sweet potatoes or squash. Apples are a very versatile fruit. The USDA What’s Cooking Mixing Bowl has nearly 100 apple recipes that are economical and healthy, you can find them at <https://www.choosemyplate.gov/myplatekitchen/recipes> and then just search apple in their search window.

## Afternoon Apple Snack

2 Red Delicious apples  
1/2 cup chunky peanut butter  
1/2 teaspoon cinnamon

Lemon juice  
2 tablespoons honey  
6 whole graham crackers



1. Core apples and cut each in half; cut each half into 3 wedges to make a total of 12 wedges.
2. Dip wedges in lemon juice to prevent browning. Place in a single layer on microwave-safe plate.
3. Cover loosely with waxed paper and microwave on high (100%) for 3 1/2 to 4 minutes or until apples are tender and hold their shape. (If microwave does not have carousel, rotate dish halfway through cooking.)
4. Drain apples on paper towels.
5. In small bowl, combine peanut butter, honey, and cinnamon.
6. Snap graham crackers in half to make 12 square crackers.
7. Spread a layer of peanut butter mixture on each of six square crackers; top each with 2 apple wedges. Top with remaining graham cracker squares to make sandwich snacks.

## Stovetop Cinnamon Applesauce

3 medium apples, sliced  
2 tsp ground cinnamon  
1/4 - 1/2 C water

1. Wash apples under cold water and dry with a clean towel. Core and slice to 1/2 inches thick.
2. In a medium saucepan over medium-high heat, add water and apples. Bring to a slow simmer, then add cinnamon. Reduce heat and simmer with lid on until apples are soft, about 20 minutes.
3. Stir until most of the apples begin to mash into a thick, chunky sauce. For a smoother consistency add to a blender and pulse a few times or use an immersion blender. Serve warm or store in refrigerator for up to 4 days.

Sources: <https://livehealthyosu.com/tag/apples/>; <http://bestapples.com/eat-more-apples/recipes/>; retrieved 09/30/20

**Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties  
208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties  
208-883-2267



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RDN, LD  
Phone: 446-1680 E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu) Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.