



Market Basket of the month

The Market Basket of the Month featured fruit is

APPLES



October

Bake Apple Wedges

Makes 2 servings

Ingredients:

- 2 baking apples (see tip below)
- ½ teaspoon margarine
- 1 ½ tablespoon brown sugar
- ¼ teaspoon cinnamon
- 2 tablespoons orange juice (optional)

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Wash apples, then peel, core and cut apples into quarters or wedges, depending on the size of the apple.
3. Place apples in 1 quart baking dish. Dot apples with margarine. Sprinkle apples lightly with sugar and cinnamon. Orange juice may be added if desired.
4. Bake at 375 degrees F for 30 minutes until apples are tender.

Tip: Best baking apple suggestions: Crispin (also called Mutsu), Jonagold, Honeycrisp, Pink Lady, Winesap

Source: MA Dept. of Agriculture -Farmer's Market Recipes

Nutrition Facts

Serving Size 1 medium apple (154g)

Amount per Serving

Calories 80 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 15%

Sugars 16g

Protein 0g

Vitamin A 2% **Calcium** 1%

Vitamin C 12% **Iron** 1%

Source: www.nutritiondata.com

Simple Serving Tips

Roasted Apples & Butternut Squash:

Chop apple and butternut squash into 1-inch chunks and spread in a single layer on a rimmed baking sheet. Drizzle with canola oil and lightly sprinkle with cinnamon or pumpkin pie spice. Bake at 350° for 40 minutes or until chunks are tender.

Crunchy Apple Brown Rice:

Cut 1 apple into bite-size pieces. Stir apple and 2-4 T. golden raisins into your favorite brown rice mix.

Apple Pancakes:

Add ½ C. grated apple to your favorite pancake mix.

Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last at least three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

Healthy Eating Tip

For good health, toddlers through adults should eat ½ - 2 cups of fruit a day.

The amount needed varies with age and activity level.

Visit: www.MyPlate.gov and click on "Fruits" to learn more.

Let's Move!

Apple Picking: Take the family to pick apples from a local PYO (Pick Your Own) orchard. It's a great outdoor fall activity and a way to save money buying delicious tasting apples.

Corn Maze: Plan a trip to local corn maze with family or friends.

Flag Football: Gather family or friends for a friendly game of football. For directions, go to: <http://www.ehow.com/how/3988/playtouch-football.htm>

Just the Facts

- Charred apples have been found in prehistoric dwellings in Switzerland.
- Spaniards brought apples to Mexico and South America in the 1500's-1600's.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative.

To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket

