**Apples**

**Why eat apples:**
- Rich in antioxidants, which help fight heart disease, cancer, and Alzheimer's Disease.
- Excellent source of fiber to make you feel full and help with digestion

**How to store:**
- Store uncut apples in the refrigerator for up to 1-2 months.
- Don’t be scared of brown spots and bruising! Apples should be thrown out when texture has become soft and molding is present

**Quick Tips:**
- Do not wash apples until ready to eat.
- The skin of the apple contains most of the fiber.
- Apple slices make a delicious and healthy snack when dipped in peanut butter or served with crackers.
- To prevent slices from browning, spray with a mixture of 1 part lemon juice to 3 parts water.

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**Apple Crisp**

Makes 8 servings

**Ingredients:**
- 4-5 medium apples, cored and diced
- 1/4 cup quick-cook oats
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon ground cinnamon
- 1/4 cup butter, refrigerated

**Directions:**
1. Preheat oven to 350 degrees F.
2. Spray a square 8x8” glass baking dish with non-stick cooking spray. Spread apple slices on the bottom of the pan.
3. In a medium bowl, combine oatmeal, flour, brown sugar, and cinnamon. Cut butter into small pieces and add to bowl.
4. Use hands to “cut” or mix butter into the flour mixture until it looks like small crumbs.
5. Sprinkle the crumble mixture over top of the apples.
6. Bake in the oven for about 20 minutes.

**Chef Note:**
- Use zucchini in place of apples for a nutrient packed dessert. No one will know the difference!

*Recipe adapted from SNAP-Ed Connection Recipe Finder*
There are many types of Apples:

**Red Delicious:**
- Firm, white flesh with a sweet flavor.
- Great for cooking or using in salads.

**Gala:**
- Has a slight yellow-orange skin color and a sweet flavor.
- Great for snacking, baking, pies, or salads.

**McIntosh:**
- Firm with red and green speckled skin. Slightly tart flavor.
- Great for baking or making applesauce.

**Granny Smith:**
- Light green skin with a hard texture and tart flavor.
- Great for salads, baking, pies, or even eating plain.

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**Buying Guide:**

- **Fresh** apples are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits are best when canned in 100% *juice* (not syrup). Make sure to drain and rinse them to get rid of added sugar. In the store, look for varieties of applesauce that are unsweetened.

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**Zucchini Apple Hash**

Makes 6 servings

**Ingredients:**
- 2 potatoes, chopped
- 3 medium apples, chopped
- 2 zucchini, chopped
- Canola oil for drizzle
- 1 teaspoon Greek seasoning OR a of pinch garlic, oregano, thyme, salt and pepper

**Directions:**
1. Heat oil in a large skillet over medium heat.
2. Sauté potatoes and apples until potatoes are cooked through.
3. Add zucchini and seasoning. Cooking 3-5 more minutes, until zucchini is tender.

*Serve with breakfast or with roasted pork.
*Add chicken sausage to make a complete dish.

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**How much should I eat?**

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

**Daily servings:**

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
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<tbody>
<tr>
<td>2 1/2 cups</td>
<td>2 cups</td>
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