

# Apple and Pear Stir Fry

Just Say Yes to Fruits and Vegetables

*If you like apple crisp, give this a try!*



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## Apple and Pear Stir Fry

Serves 6 • Serving: ½ cup

*Just Say Yes* to Fruits and Vegetables

*Swap your dessert for this sweet and healthy dish!*

### Ingredients:

- 2 teaspoons vegetable oil
- 2 chopped apples
- 1 chopped pear
- 2 tablespoons lemon juice
- ½ teaspoon cinnamon
- ⅛ teaspoon ground nutmeg

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 4 minutes.
4. Add cinnamon and nutmeg and stir. Continue cooking for 3 more minutes.
5. Serve immediately.
6. Refrigerate leftovers.