

Apples

Key Points

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, rinse and remove stems.
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3 to 4 weeks.
- Apples contain fiber which helps to keep you regular.



Applesauce

Ingredients:

6 apples

Directions:

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup of water into a medium pot.
3. Bring apples to a boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. May be served warm or chilled.
7. Refrigerate leftovers.

Makes 6 servings.

Apple Pancakes

Ingredients:

3/4 cup complete pancake mix
1 tablespoon vegetable oil
2 apples, cored and thinly sliced

Directions:

1. In a small bowl, combine the pancake mix with 1/2 cup of water. Mix until batter is smooth.
2. In a large frying pan over medium heat, heat 1/2 tablespoon of the oil.
3. Dip 4 or 5 apple slices into the pancake batter. Place apple slices onto the frying pan.
4. Cook the apple pancakes until bubbles appear on the surface of the pancakes, about 3-5 minutes.
5. Flip the pancakes and cook 2 or 3 minutes more.
6. Repeat with the remaining oil, apples and pancake batter.
7. Serve warm and enjoy!
8. Refrigerate leftovers.

Makes 2 servings.

Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Serve sliced apples with peanut butter or slices of cheese.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Applesauce

Recipe Name:
Apple Pancakes

Nutrition Facts			
Serving Size (182g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 5		
		% Daily Value*	
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 25g	8%		
Dietary Fiber 4g	16%		
Sugars 19g			
Protein 0g			
Vitamin A 2%	• Vitamin C 15%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (161g)		Servings Per Container	
Amount Per Serving			
Calories 220	Calories from Fat 50		
		% Daily Value*	
Total Fat 6g	9%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 360mg	15%		
Total Carbohydrate 41g	14%		
Dietary Fiber 4g	16%		
Sugars 17g			
Protein 4g			
Vitamin A 2%	• Vitamin C 10%		
Calcium 10%	• Iron 8%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!