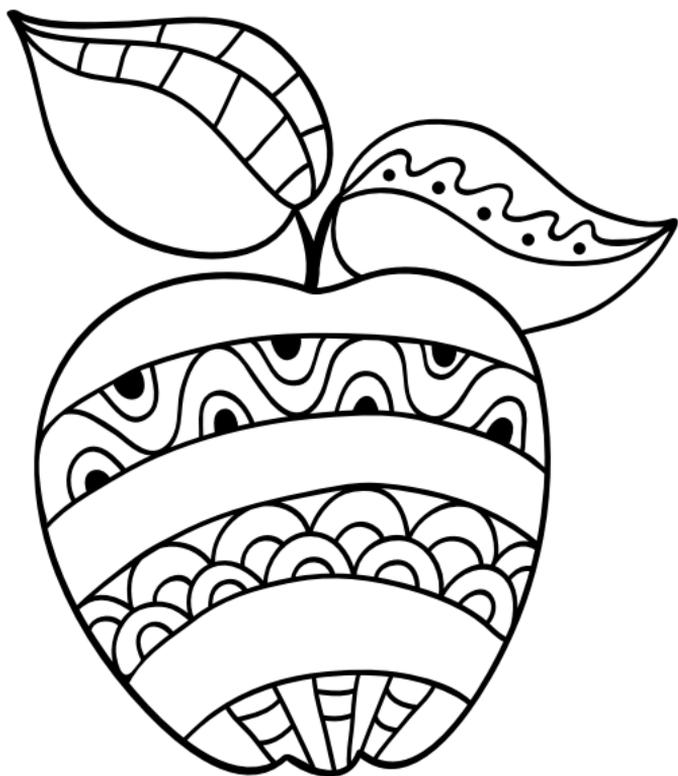


APPLES

Apples are one of the most versatile fruits. They can be a snack, side, salad or wholesome dessert. There are over 8,000 types throughout the world and said to be eaten as far back as 6500 BCE. Apples provide a good source of dietary fiber, are naturally fat-free and cholesterol-free and contain antioxidant phytochemicals which help to keep the body healthy. A wholesome choice with zero grams of added sugar, apples are a delicious addition to breakfast, lunch or dinner.



1. APPLE PIE OVERNIGHT OATS RECIPE

(serves 1) Recipe by Yummy Healthy Easy

INGREDIENTS

| | | |
|------------------------------|----------------------------|------------------------------|
| 1/3 cup old fashioned oats | 1/4 cup plain greek yogurt | apples, diced |
| 1 tbsp chia seeds (optional) | 1/4 tsp apple pie spice | pecans, chopped (optional) |
| 1/4 cup milk, any kind | 1/2 tsp maple syrup | ground cinnamon, for serving |

INSTRUCTIONS

Step 1 In a mason jar, layer oats, then chia seeds and pour milk over both. In another bowl, stir together the yogurt, apple pie spice and maple syrup. Spoon into the mason jar, on top of oats and chia seeds.

Step 2 Place lid on jar and refrigerate for 6-8 hours. Stir mixture together.

Step 3 Top with apples, pecans and cinnamon.

2. SKILLET PORK CHOPS WITH APPLES AND ONIONS

(serves 4) Recipe by Southern Living

INGREDIENTS

| | | |
|---|---|----------------------------|
| 4 (6- to 8-oz.) bone-in pork rib chops (1 to 1 1/4 inches thick) | 2 Granny Smith apples, cut into 1/2-inch-thick wedges | 1/3 cup chicken broth |
| 1 tsp kosher salt | 1 medium yellow onion, thinly sliced (root end intact) | 1 cup whipping cream |
| 1/2 tsp freshly ground black pepper | | 1/4 cup Dijon mustard |
| 2 tbsp olive oil | | 8 small fresh thyme sprigs |

INSTRUCTIONS

Step 1 Preheat oven to 450°. Sprinkle pork with salt and pepper. Cook in hot oil in a 12-inch cast-iron skillet over medium heat 5-6 minutes on each side or until golden brown. Remove from skillet.

Step 2 Add apples and onion to skillet; cook, stirring occasionally, 4-5 minutes or until browned. Remove from skillet.

Step 3 Add broth to skillet, and cook 1-2 minutes, stirring to loosen browned bits from bottom of skillet. Whisk together cream and mustard; add to skillet and cook, stirring constantly, 1-2 minutes or until bubbly.

Step 4 Remove skillet from heat. Add pork, turning to coat, and top with apples, onions, and thyme.

Step 5 Bake at 450° for 10 minutes or until liquid is just beginning to bubble. Pork should be at an internal temperature of 145°. Let stand in skillet 5 minutes before serving.

3. TEMPEH WITH GRILLED APPLES & SAUTEED ONIONS

(serves 2) Recipe by Fresh and Natural Foods

INGREDIENTS

| | | |
|---|-----------------------|-------------------------|
| 1 12 oz pkg tempeh, cut into 6 triangles | 1/2 red onion, sliced | 1 tbsp balsamic vinegar |
| 2 tbsp olive oil, divided | 2 tart apples, sliced | 1 tbsp pure maple syrup |
| | 1 tsp dried thyme | Sea salt to taste |

INSTRUCTIONS

Step 1 Heat 1 tbsp of the olive oil in a nonstick pan, and add the tempeh. Cook for about 2-3 minutes on each side until browned. Remove from the pan and keep warm.

Step 2 Add the other tbsp of oil, and add the onions and apples. Cook for about 10 minutes, stirring often until soft.

Step 3 Add the thyme, balsamic vinegar, maple syrup and sea salt. Stir to combine.

Step 4 Add the tempeh back to the pan and cook for another minute until coated in the sauce. Serve the tempeh over the apples and onions.