

**MyPlate suggests
making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Apples

Did you know?

- October is National Apple Month!
- One medium apple contains only 70 calories and is a good source of fiber and Vitamin C!
- The peel of an apple contains a good source of fiber and antioxidants.

Fun Fact!

Apple production is most successful in the High Plains region close to Lubbock.

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

What am I looking for?

- Look for apples that are firm without damage.
- Store apples in the refrigerator for up to six weeks.
- Wash apples well before use.
- Avoid apples that lack color or have shriveled skin.

Peach Apple Crisp

20 ounces canned, sliced peaches, packed in light syrup, drained

2 apples, peeled, sliced

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ teaspoon ground cinnamon

$\frac{1}{2}$ cup flour

$\frac{1}{4}$ cup brown sugar, packed

3 tablespoons soft margarine, chilled

Wash hands and work area before cooking. Preheat oven to 350 degrees. Spray large casserole dish with cooking spray. Combine peaches, apples, vanilla, and cinnamon in a bowl. Mix and spread evenly in large casserole dish. Next, combine flour and sugar in small bowl. Cut in margarine until the mixture looks like coarse meal. Sprinkle flour mixture evenly over fruit.

Bake until lightly browned and bubbly, about 30 minutes.

Preparation Time: 15 minutes

Cook Time: 30 minutes

Serves: 8

Nutrition Facts per serving:

Calories: 164

Total Fat: 3 g

Cholesterol: 0 mg

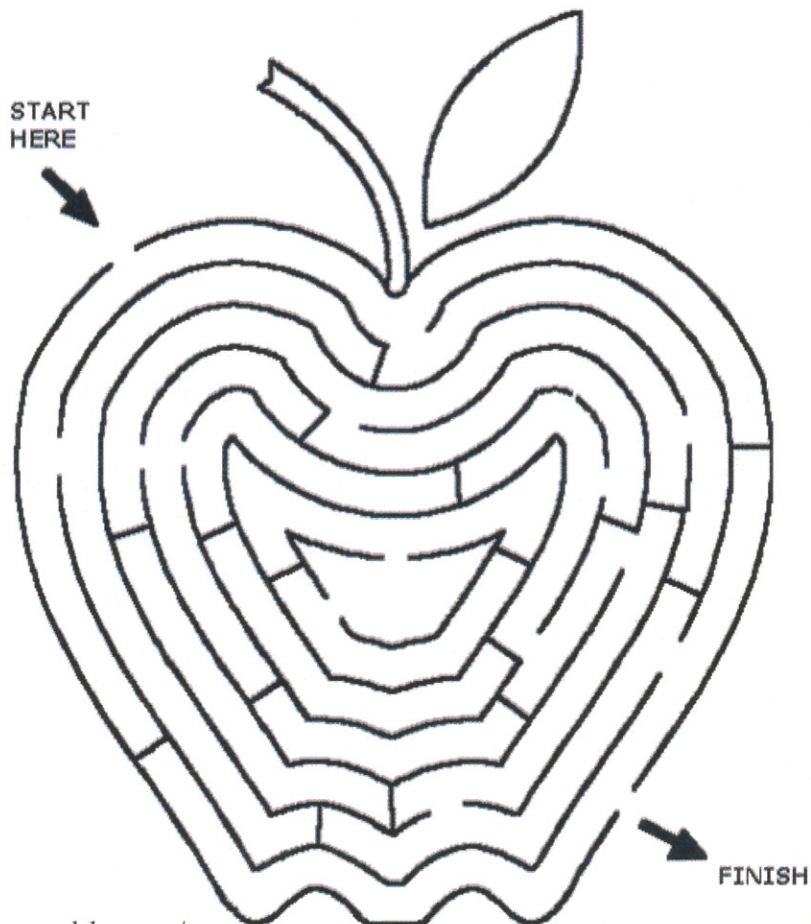
Sodium: 47 mg

Total Carbohydrate: 33 g

Protein: 2 g

<http://healthyliving.tamu.edu>

Find your way through the maze!



<http://appracadabra.com/>