

Apples



Looking for an easy to prepare sweet snack under 100 calories - apples are a great choice. They require no preparation and are full of antioxidants that help fight infection, as well as lots of fiber and a fair amount of vitamins and minerals. They also come in many colors and varieties. Try serving varieties you may not be familiar with such as, Honeycrisps or Fujis.

Did you know that children who try new healthy foods and are willing to try the food again are more likely to choose these foods? This week we tasted apples that were just washed and served...ask your child how they liked them! Here is another way to serve apples.

Apple, Walnut, Raisin Salad

Ingredients:

- 2 medium apples, sliced
- 1 head of lettuce, chopped (about 10 cups)
- 1/2 cup chopped walnuts
- 1 cups raisins
- 1/2 cup sliced green onions
- 1/2 cup light or reduced-fat vinaigrette

Preparation:

1. Toss lettuce, apples, walnuts, raisins, and onions in large bowl.
2. Refrigerate until ready to serve.
3. Add dressing.



Developed by the University of California Cooperative Extension.