

Michigan Fresh

MICHIGAN STATE
UNIVERSITY

Extension msue.anr.msu.edu/program/info/mi_fresh

Apples

Michigan-grown apples are available most of the year.

Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.

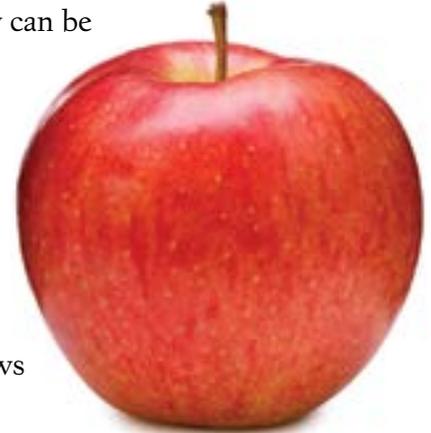


For maximum quality, store apples in a cool place, between 32 and 40 °F. Apples stored at this temperature maintain nutritional benefits such as B vitamins, fiber and vitamin C and can be kept for about a month.

There are many varieties of apples, and they can be prepared in many ways.

Type of Apple	Best Use
Ida Red, McIntosh, Golden Delicious	Cooking and baking
Rome Jonigold, Cortland	Canning

Preserving apples and other fruits and vegetables by freezing or canning them when they are at their nutritional peak allows people to use them throughout the year.



Microwave-Baked Apples

Makes 4 servings

Nutrition Information: 207 Calories per serving; 56g Carbohydrates (6g Fiber, 24g Sugar); Calcium 2%; Potassium 5%

INGREDIENTS

- » 4 large baking apples
- » ½ cup brown sugar
- » 1 teaspoon cinnamon
- » Wax paper to cover

TO PREPARE

1. Wash apples and remove core.
2. Cut a thin slice of the bottom of each apple to form a flat surface.
3. Place apples in a microwave-safe baking dish.
4. In a small dish, mix brown sugar and cinnamon
5. Spoon mixture into center of apples.
6. Cover apples with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.



COST

Per recipe:

\$2.91

Per serving:

\$0.73

SOURCE: Recipe adapted from Kansas State University, Kansas Family Nutrition Program, Kids a Cookin'. Retrieved from USDA, Snap-Ed Connection, Microwave Baked Apples at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/microwave-baked-apple>