

Apple Salad

Ingredients:

2 medium apples, cored and chopped
1/3 cup green seedless grapes, cut in half
1/3 cup red seedless grapes, cut in half
2 stalks celery, chopped
6 ounces fat-free vanilla yogurt

Directions:

Rinse, core and chop the apples into bite-sized pieces. Rinse and slice the green and red grapes. Rinse and chop the celery.

Put the chopped apples, grapes and celery in a medium sized bowl. Add yogurt and stir well until all of the fruit is coated.

Serve immediately or chill for a few hours.

The yogurt prevents the apple from browning but, it should be eaten the same day it is made.

Nutrition Facts

Serving Size about 1 cup
Servings Per Recipe 4
Calories 80
Calories from Fat 0
Total Fat 0
Cholesterol 0
Sodium 50mg
Total Carbs 19g
Dietary Fiber 2g
Sugars 15g
Protein 3g
Vitamin A 2%
Calcium 8%
Vitamin C 10%
Iron 2%

Apple Cinnamon Toast

Ingredients:

2 tablespoons sugar 2 teaspoons butter
1 teaspoon cinnamon 4 slices bread
1 apple

Directions:

Preheat oven to 375°. Measure sugar and cinnamon in a small bowl. Stir to combine. Wash and core apple; cut into thin slices. Place bread slices on baking sheet. Spread butter on top side of each slice. Arrange apples on bread. Sprinkle with cinnamon-sugar mixture.

Bake until bread is toasted, about 10-15 minutes.

Nutrition Facts

Serving Size 1 slice
Servings Per Recipe 4
Calories 130
Calories from Fat 25
Total Fat 3g
(1.5 sat. fat, 0 trans fat)
Cholesterol 5g
Sodium 180mg
Total Carbs 24g
Dietary Fiber 2g
Sugars 11g
Protein 2g
Vitamin A 2% Calcium 4%
Vitamin C 2% Iron 6%

Butternut Squash Risotto

Ingredients:

1 1/2 cups roasted butternut squash puree
1 Tbsp. olive oil 1 tsp. turmeric
1 cup onion chopped 1/2 cup parmesan cheese
2 cloves garlic, minced 1/4 tsp. nutmeg
1 1/2 cups Arborio rice
3 cups fat free, low-sodium vegetable broth, kept hot

Directions:

Heat olive oil in a large saucepan over medium high heat. Add onion and sauté for 4 minutes or until tender. Add garlic and cook for 2 more minutes.

Add rice while stirring constantly with a wooden spoon, cook for 2 more minutes. Add turmeric and cook about 2 more minutes, stirring often.

Add 1 cup of the hot broth and cook, stirring frequently, until the rice absorbs the liquid. Continue adding broth in 3/4 cup increments and stirring often until the rice is creamy (not soupy) and soft but still al dente, about 25 minutes.

Remove from heat and add roasted squash and cheese. Stir. Add nutmeg to taste. Serve immediately.

If not serving immediately, keep warm and add cheese right before serving.

Source: Recipe created by Lindsay Krasna, Dietetic Intern, Cornell University, 2008

Nutrition Facts

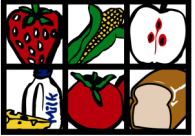
Serving Size 3/4 cup
Servings Per Recipe 8
Calories 140
Calories from Fat 30
Total Fat 3.5g
Cholesterol 5mg
Sodium 230g
Total Carbs 26g
Dietary Fiber 3g
Sugars 3g
Protein 4g
Vitamin A 170%
Calcium 10%
Vitamin C 20%
Iron 4%

The new USDA's MyPlate provides a straightforward reminder that half of our plates at mealtime should be fruits and vegetables. Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or eat fruit as a dessert. Visit the website www.ChooseMyPlate.gov for more information.



It's Apple Time

Eat Smart New York!



Eat Smart New York! (ESNY) is a program that helps limited income individuals and families to make the best use of available food dollars, make healthy food choices and choose active

lifestyles consistent with the Dietary Guidelines for Americans and MyPlate. Eligibility information and referral forms can be found on our website.

Trained Nutrition Program Educators (NPEs) work with ESNY eligible individuals in groups at community centers and other locations. Educators also work with youth in school and after-school settings promoting healthy eating habits. In all programs NPEs teach nutrition facts that adults and youth can apply every day to improve their health and decrease the risk of disease.



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