

Hurry Up Baked Apples

4 Servings

Ingredients

- * 2 medium size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- * 1 teaspoon white or brown sugar, packed
- * 1/4 teaspoon ground cinnamon
- * 2 tablespoons oatmeal
- * 2 tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- * 1 container (6-ounces) low fat vanilla yogurt



Directions

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1" or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, cranberries, and nuts. Fill each apple half with sugar mixture.
3. Cover with plastic wrap. Fold back one edge 1/4" to vent steam.
4. Microwave 3-3 1/2 minutes or until apples can be cut easily. Remove from microwave. Let sit a few minutes.
5. Spoon yogurt over the top.

Tips

These are great as a dessert, as a snack, or for breakfast. Fresh apples keep best in a plastic bag in the refrigerator.

Nutrition Facts	
Serving Size 1 apple half	
Servings Per Recipe 4	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 3g	
Vitamin A 2%	Vitamin C 8%
Calcium 8%	Iron 2%

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

TEXAS A&M
AGRI LIFE
EXTENSION

September 2015

Starting the Day off the Right Way

Life often seems to get busier and busier for families and individuals, particularly when making the transition from summer vacations to going back to school or work. All too often, we try to make up for limited time by skipping breakfast. While many of us ignore the saying that breakfast is the most important meal of the day, the reality is that the statement is true.

Eating a morning meal has many health ramifications. It is important to "refuel" your body after not eating for many hours during the night. Breakfast provides the fuel to energize our bodies and brains in the morning. Gail Frank of the American Dietetic Association states that "Breakfast skippers often feel tired, restless, or irritable in the morning" (American Dietetic Association (ADA), 2004). The brain's functions are very sensitive to changing glucose levels. Research has also shown that missing breakfast diminishes the mental performance of children, young adults, and the elderly.

Research suggests that eating breakfast may also help in weight management by reducing hunger and preventing eating binges. People who eat a daily breakfast are "far less likely to become obese, compared to those who skip the first meal of the day" according to one study by the Harvard Medical School (American Dietetic Association).

So to start off your day the right way, make sure to include a balanced breakfast in your routine. Suggestions include whole-grain cereals with non-fat to low-fat milk and fresh fruits.



Courtney Levens
County Extension Agent — FCS
Dawson County
400 South 1st
P.O. Box 1268
Lamesa, TX 79331

Courtney.levens@ag.tamu.edu
Office 806-872-3444
Fax 806-872-5606
dawson.agrilife.org
www.facebook.com/pages/dawson-county-fcs





The Partnership for Food Safety Education reminds consumers that harmful pathogens that can make them sick can be transferred from contaminated hands and surfaces to food -- some can even live and grow in the cold temperature of a home refrigerator!

For National Food Safety Education Month in September 2015, the Partnership for Food Safety Education, along with the U.S. Department of Agriculture and the U.S. Food and Drug Administration, helps consumers get the facts behind common myths about home food safety! All month the Partnership is reaching out to health educators and consumers with these Home Food Safety Myths and Facts:

Myth (1): I know my refrigerator is cold enough – I can feel it when I open it! Anyway, I have a dial to adjust the temperature.

Fact: Unless you have thermometers built into your fingers, you need to use a thermometer to ensure your refrigerator is at or below 40 °F. And that dial? Important, but it is not a thermometer.

Myth (2): Cross-contamination doesn't happen in the refrigerator – it's too cold in there for bacteria to survive!

Fact: Bacteria can survive and some can even grow in cool, moist environments like the refrigerator.

Myth (3): I left some food out all day, but if I put it in the fridge now, the bacteria will die.

Fact: Refrigerator temperatures can slow the growth of bacteria, but will not stop the growth of bacteria in food.

Myth (4): I don't need to clean my refrigerator produce bin because I only put fruit and vegetables in there.

Fact: Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator

What's in Season?

Apples

It may be a slight exaggeration to say that an apple a day keeps the doctor away, but it is only slight. Apples provide us with both soluble and insoluble fibers which help to prevent cholesterol buildup and move foods quickly through the digestive system. Apples are versa-



tile and delicious. They can be served by themselves, in salads, and in sauces. To maximize the nutritional impact, it is best to eat apples with their skin.

