PANTRY POSSIBILITIES

APPLES



WAYS TO USE

- Cooked Apples - Wash and dice into small, similar sized pieces. Microwave with ¼ cup of water for one minute or until soft but not mushy. Drain water and add cinnamon for a sweet treat.
- Raw Apples - Wash and dice into small, similar sized pieces. Add apples to oatmeal and microwave according to package directions. You can also add raw apples to yogurt and granola for a nutritious snack.
- Apple Sandwich - Wash and slice apple into thin sized pieces. Spread peanut butter on a tortilla. Arrange apple slices on top and roll-up for a portable wrap or top a rice cake for an open-face sandwich.

Apple Cabbage Sausage Skillet

Ingredients:

- 2 chopped apples
- 1 chopped onion
- 1 small chopped cabbage
- 4 bratwurts or sausages
- butter or oil
- apple cider vinegar

Instructions:
Grill or bake sausage according to package directions. Heat the butter or oil in a skillet on medium heat. Add cabbage and onions. Cook 8-10 minutes until cabbage becomes soft. Stir in the chopped apples and cook another 5 minutes until soft. Slice the sausage into round pieces and add to the skillet. Add a splash of vinegar. Serve warm.

How to Dice

Cut the flesh away from the core on all four sides, then slice and cross-chop the flat pieces.

Quick Tips

To keep apples longer, store in a refrigerator or a cool, dark place. Do not wash or cut the apples until you're ready to use them.

Apple Salad - Two Ways

Ingredients:

- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup any nut
- 2 tablespoons mayo
- 1 tablespoon lemon juice

Instructions:
Mix mayo and lemon juice in a bowl. Add apples, celery, and raisins. Mix well. Sprinkle with nuts.

OR

*Add any leftover **cold** chicken or canned chicken to the salad. Use on bread, rolls, or tortillas to make a sandwich or wrap.

*Swap-in different nuts, a variety of apples, or craisins from your pantry.

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