

## Newsletter

## October 2022

### Recipe of the Month

#### Easy Stovetop Sautéed Cinnamon Apples

##### Ingredients

- 3 apples about 3 cups chopped\*
- 2 TBS water
- 1 TBS coconut oil or butter
- 1 TBS maple syrup or honey or sugar
- ½ tsp ground cinnamon
- 1/8 tsp sea salt
- ¼ tsp pure vanilla extract

##### Instructions

1. Cut apples into same-sized pieces (about ½-1" cubes).
2. Put apple pieces into a skillet with 2 TBS water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.
3. Add 1 TBS of coconut oil to the skillet. Stir apples and oil together until all the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft (you may need to cover them for the last 2 minutes).
4. Add Maple syrup, cinnamon, salt and vanilla. Stir until well mixed.
5. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness!
6. Remove from heat and serve!

\*(apples can be peeled or unpeeled)



### Food Focus

#### Apples

#### It's National Apple Month!



Apples were first discovered by Alexander the Great. There are about 2,500 varieties of apples grown in the U.S.A. Apples are a good source of Potassium and Vitamin C. The high fiber content helps regulate blood sugar. Apples float in water because 25% of their volume is actually air, making them the perfect fruit for bobbing!

### Nutrition Tips

#### It's Eat Together - Eat Better Month!

When families eat together they eat more nutritiously and eat a greater variety of foods. Families report better communication as a benefit from eating together. Families enjoy celebrations and bonding around family meals. Students do better in school when they eat with their families. In a survey of high school seniors students who regularly ate dinner with their families at least four times a week, scored better on school work than those who did not.



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