



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

Make meals and memories together. It's a lesson kids will use for life.

- Select** – Choose firm apples with smooth and shiny skin.
- Store** – Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth

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Recipe of the month

Fruit Salsa with Cinnamon Chips Serves 8

Fruit Salsa Ingredients:

- 1 apple, cored & chopped into small pieces.
- 1 cup fresh strawberries (chopped) or 1 (10 oz.) pkg. frozen (or any fruit will work)
- 2 kiwi, peeled & chopped
- ½ cup crushed pineapple, drained

Directions:

Combine all chopped fruit, chill.

Cinnamon Chips Ingredients:

- 8 (8 inch) whole wheat flour tortillas
- 1 tsp cinnamon mixed with 1/2 cup sugar
- Pan spray

Directions:

Spray tortillas slightly with pan spray. Sprinkle with cinnamon/sugar mixture. Cut each tortilla into eight wedges and place on a baking sheet. Bake 350° for 6 min or until crisp. Cool on a rack & store in airtight container. If stored, correctly, chips can be made at least one week in advance. Dip chips in salsa and eat.

Note: Air fryer method: Set for 350° Layer chips in single layer. Cook 7-9 minutes until lightly browned and crisp turning halfway.

Per serving: 225 calories, 5g fat, 3.5g protein, 42g carbohydrate, 5g fiber, 151mg sodium

Source: laxf2s.org

