

# APPLES

## Squash-Apple Casserole

### Ingredients:

2½ cups winter squash, such as acorn, butternut, or hubbard  
1½ cups apples, such as Macintosh, Granny Smith, or Rome  
½ teaspoon nutmeg  
1 teaspoon cinnamon  
Salt and pepper to taste

### Instructions:

1. Peel and chop squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45 to 60 minutes or until squash is tender.
6. Serve immediately and enjoy.

Makes 6 servings.

Source: USDA Recipe Finder

**Apples** play an important role in heart health. They contain antioxidants that can help protect the cardiovascular system from oxygen-related damage. Apples are also a great source of dietary fiber and vitamin C, but you will want eat apples with their peel on to obtain these benefits. The peel contains most of the fiber, which helps to maintain healthy levels of LDL cholesterol, and almost half of the vitamin C is just beneath the peel. Apples are a great low-calorie snack: one raw apple with the peel on has 95 calories.

The apple dates back farther than most fruits and vegetables. As a matter of fact, archeologists found a fossilized imprint of an apple seed from the Neolithic period, over 10,000 years ago! The crabapple is the only variety of apple that is native to the United States; other varieties were brought over by early colonists.

More than 60 percent of the U.S. apple crop is marketed as fresh fruit; the remaining 40 percent is used to make food items, such as applesauce, apple juice, jellies, pies, and other desserts. Apples are typically available during the fall months, but availability varies State by State.

Choose apples that do not have any major blemishes or bruises and keep them fresh and juicy by storing them in the refrigerator. You can protect cut apples from oxidation (turning brown) by dipping them into a solution of 1 part citrus juice, such as lemon or lime juice, and 3 parts water.

Raw apples are a great snack on the go. Try them either whole or sliced. They can also be added to a salad or used as a topping for a nice, creamy soup.

### **Fun Fact:**

Twenty-five percent of an apple's volume is air; thus, apples will float in water.

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"Growing a Healthier You, Nutrition from the Farm to Your Table" is available at [www.cnpp.usda.gov/knowyourfarmer.htm](http://www.cnpp.usda.gov/knowyourfarmer.htm).

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