



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Enjoy Apples Anytime!

Whether you are snacking on them whole or using them in recipes, you can't go wrong.

Apple nachos are a great option for breakfast, lunch, or a snack any time of day.

Apples taste great, especially when they're in-season. Not only are they naturally delicious, but apples are also natural superfoods and potent health protectors.

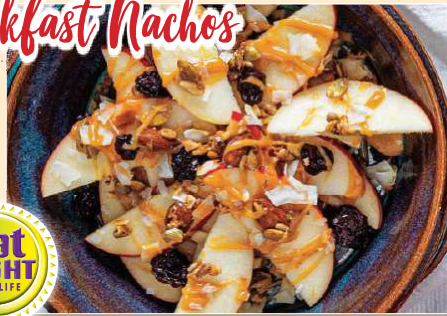
They provide a good source of fiber to help you feel full and maintain a healthy weight. The nutrients in apples also help gut health and offer a great way to refuel after exercise. With so many health benefits, it's no wonder

"an apple a day keeps the doctor away!"

Apple - Peanut Butter Breakfast Nachos

Ingredients:

- 1/4 cup unsweetened coconut flakes
- 1/3 cup creamy unsalted peanut butter
- 1/3 cup warm water
- 2 medium apples
- 1/2 cup granola
- 1/4 cup sweetened dried cherries



Directions:

1. In small skillet, toast unsweetened coconut flakes over medium heat 3 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. In small bowl, whisk peanut butter and warm water.
3. Cut apples into quarters; remove cores and slice 1/8-inch thick. On serving plate, layer half the apples and drizzle with peanut butter mixture; repeat layers.
4. Sprinkle granola over nachos.
5. Sprinkle sweetened dried cherries and toasted coconut over nachos.

Makes about 5 cups (4 servings).

Sheet-Pan Pork Tenderloin & Apples

Ingredients:

- 1-1/4 pounds pork tenderloin
- 2 tsps. ground cinnamon
- 1 tsp. paprika
- 2 Tbsps. olive oil
- 1 garlic clove, minced
- 1 large apple, cored and chopped
- 1/2 medium acorn squash, sliced 1/4-inch thick
- 1/2 medium yellow onion, thinly sliced
- 1/2 cup dried cherries



Directions:

1. Preheat oven to 400°. Line rimmed baking pan with foil; spray with cooking spray and place pork on pan. In small bowl, stir cinnamon and paprika. Brush all sides of pork with 1 tablespoon oil; sprinkle with 1-1/2 teaspoons cinnamon mixture, 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. In large bowl, toss garlic, apple, squash, onion, cherries, remaining cinnamon mixture and 1 tablespoon oil, and 1/4 teaspoon each salt and pepper; spread on pan around pork. Roast 25 minutes or until internal temperature of pork reaches 145° and vegetable mixture is tender. Let pork stand 5 minutes before slicing.