



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

Dietitian's Dish

Versatility & Benefits of Apples

Apples are full of nutrients and fiber which aids digestion and heart health.

They're a great item to stock up on during sales.

Stored in a cool area they will last a long time.

With the versatility of apples, they can be eaten as a snack or used as an ingredient in a meal or dessert.

Spruce up your apple slices with a few nutritious ingredients or add diced apple to a salad for a sweet addition.

You can't really go wrong with the variety of ways to enjoy apples!



Heart Healthy Apple Gorgonzola Salad

Ingredients:

- 3 Tbsps. balsamic vinegar
- 1 Tbsp. spicy brown mustard
- 2 Tbsps. olive oil
- 3 apples, cored and cut into 1/2-inch dice
- 5 cups torn Romaine lettuce
- 1/2 cup coarsely chopped walnuts
- 1/2 cup crumbled gorgonzola cheese
- Black pepper to taste



Recipe and image
courtesy of
Healthcooks.com.

Directions:

1. In a small bowl, whisk together the vinegar and mustard. Slowly whisk in the olive oil until emulsified.
2. In a large bowl, combine the apples, Romaine, walnuts and Gorgonzola. Add the vinaigrette, season with black pepper and toss to coat evenly.

Heart Healthy Peanut Butter & Apple Wedges

Ingredients:

- 1/4 cup low-fat granola
- 1 oz. dark chocolate chips
- 2 Gala or Fuji apples
- 3 Tbsps. peanut butter



Recipe and image
courtesy of
Healthcooks.com.

Directions:

1. In a small bowl, combine granola and chocolate chips. Slice each apple into 8 wedges, slicing off the core.
2. Spread approximately 1/2 teaspoon peanut butter on each apple wedge. Dip apple wedge, peanut butter side down, into granola mixture. Serve immediately.