



BAKED APPLES

Time: 2 minutes

Servings: 1

Ingredients:

- 1 apple
- 1 teaspoon honey

Directions:

- Peel and quarter apple
- Place apples in dish and drizzle with honey
- Microwave on high for 3.5-4 minutes



Did you know? Apples are in season during fall months. There are many varieties available, including Jonathan, Honeycrisp, Cortland, McIntosh, Jonagold, Pink Lady, Macoun, Granny Smith and more. Some varieties are better than others for making apple pies, applesauce, apple butter, and more. This is due to their sweetness and texture. Find out more at:

<http://www.pickyourown.org/apples.htm>. Apples can be bought from the farmer's market, grocery store, Hodgdon Good-to-Go, the dining halls, and other eateries on campus.

Benefits: Apples are high in fiber, especially the skin. Fiber helps keep you fuller for longer, regulate cholesterol levels and keep you regular. Apples are also rich in vitamins and minerals, like potassium and vitamin C.

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<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>