



EXTREME HOLIDAY RECIPE MAKEOVER

UK Health & Wellness Program
November 4, 2009



APPETIZERS & SALADS



HOLIDAY CUCUMBER CUPS

These peeled cucumber cups, with their holiday color scheme, look wonderfully festive, plus they're a snap to make. The rounds provide the perfect base for all manner of tasty fillings. Flavored hummus works well, as do other savory dips.

Ingredients

- 6 medium cucumbers
- 1 (8-ounce) container red pepper hummus
- 1(8-ounce) container lemon hummus
- Chopped chives for garnish

Instructions

Create decorative stripes on the sides of the cucumbers using a vegetable peeler (for wide stripes) or a citrus zester (for thin stripes).

Cut the cucumbers crosswise into 3/4-inch-thick rounds. Using a teaspoon or melon baller, scoop out the seeds to form a well, about 1/3 inch deep, in each slice (a great job for kids!)

Spoon about 1/2 tablespoon of the red pepper hummus into the wells of half of the cucumber cups, mounding it slightly. (For a fancier look, use a pastry bag fitted with a large star tip and pipe in the filling.) Repeat the process with the lemon hummus and the remaining cups.

Sprinkle all with chopped chives. Serves 20 (makes about 64 cups).

SOURCE: Family Fun Magazine-- <http://familyfun.go.com/recipes/holiday-cucumber-cups-684974/>

PITA WEDGES WITH GREEN OLIVE TAPENADE

The secret to this Mediterranean-inspired appetizer is to use good-quality green olives. Look for a brine-cured version such as Cerignola, Lucque, Manzanillo, Picholine, Provençal, Sevillano or Sicilian.

Serves 6.

Ingredients

- 3 whole-wheat (whole-meal) pita breads, 6 inches in diameter, each cut into 8 wedges
- 1 teaspoon extra-virgin olive oil
- 1 shallot, finely chopped
- 2 plum (Roma) tomatoes, peeled and seeded, then finely chopped
- 1 clove garlic, minced
- 1 teaspoon finely chopped fresh oregano or 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional)
- 1/2 cup dry white wine
- 3/4 cup pitted green olives, rinsed, drained and roughly chopped
- Grated zest of 1 lemon
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley

Instructions

Preheat the oven to 400 F. Arrange the pita bread wedges in a single layer on a baking sheet.

Bake until crisp and lightly golden, about 8 minutes. Set aside to cool.

In a small frying pan, heat the olive oil over medium-high heat. Add the shallot and saute until softened, about 3 minutes. Add the tomatoes, garlic, oregano and the red pepper flakes, if using, and saute until the tomatoes are tender, about 2 minutes. Add the wine and slowly bring to a boil.

Reduce the heat to low and simmer, stirring often, until the liquid has evaporated, about 6 minutes. The mixture will be thick. Remove from the heat, spoon the mixture into a small bowl and let cool completely.

When the tomato mixture has cooled to room temperature, add the olives and lemon zest. Stir to combine. The tapenade may be made ahead, covered and refrigerated for up to 2 days. Bring to room temperature before using.

Spoon 2 teaspoons of the tapenade onto each pita wedge, sprinkle evenly with the parsley and divide among individual plates — 4 wedges per plate. Serve immediately.

Nutrition

Per serving (4 Pita Wedges): 113 Calories, 4 g Protein, 20 g Carbohydrate, 4 g Fat, 1 g Saturated Fat, 2 g Monounsaturated Fat, 0 mg Cholesterol, 554 mg Sodium, 3 g Fiber, 149 mg Potassium, 25 mg Calcium

SOURCE: Mayo Clinic Staff-- <http://www.mayoclinic.com/health/healthy-recipes/NU00332>

APPLE SALAD WITH FIGS AND ALMOND

Figs — a sweet fruit with soft flesh and tiny edible seeds — are a good source of iron, calcium and phosphorus. Dried figs are a good source of fiber. You can eat figs raw, with or without their peel, or use them in baked goods.

Serves 6

Ingredients

2 large red apples, cored and diced
6 dried figs, chopped
2 ribs of celery, diced
1/2 cup fat-free lemon yogurt
2 tablespoons slivered almonds
2 carrots, peeled and grated

Instructions

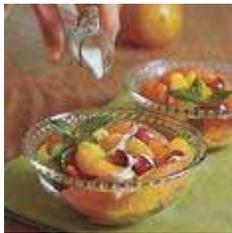
In a small bowl, combine the apples, figs and celery. Add yogurt and mix thoroughly. Serve on separate plates topped with almonds and garnished with grated carrots.

Nutrition

Per serving: 95 Calories, 2 g Protein, 17 g Carbohydrate, 2 g Fat, trace of Saturated Fat, 1 g Monounsaturated Fat, 0 mg Cholesterol, 35 mg Sodium, 3 g Fiber, 323 mg Potassium, 73 mg Calcium

SOURCE: Mayo Clinic Staff-- <http://www.mayoclinic.com/health/healthy-recipes/NU00360>

SIDE DISHES



VERMONT CHEDDAR MASHED YUKON GOLDS

8 servings, about 1 cup each

Active Time: 20 minutes

Total Time: 45 minutes

Ingredients

- 3 pounds Yukon Gold potatoes, cut into 1 ½ -inch pieces
- 1 ½ cups shredded extra-sharp Cheddar cheese, divided
- ¾ cup nonfat buttermilk, (see Tip)
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup sliced fresh chives, divided

Instructions

Place potatoes in a large Dutch oven and add enough water to cover. Bring to a boil over high heat. Boil until very tender when pierced with a fork, 20 to 25 minutes. Remove from the heat. Drain and return the potatoes to the pot. Mash with a potato masher. Stir in 1 ¼ cups cheese until melted. Add buttermilk, salt and pepper and stir to combine. Gently fold in 3 tablespoons chives. Transfer to a serving dish and garnish with the remaining ¼ cup cheese and 1 tablespoon chives.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 2 days. To serve, reheat in a double boiler and garnish with cheese and chives.

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk” - mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Nutrition

Per serving: 223 calories; 6 g fat (4 g sat, 0 g mono); 19 mg cholesterol; 31 g carbohydrates; 8 g protein; 2 g fiber; 425 mg sodium; 935 mg potassium.

Nutrition Bonus: Potassium (27% daily value), Calcium (15% dv)

Exchanges: 2 starch, 1 fat

SOURCE: Eating Welling--

http://www.eatingwell.com/recipes/vermont_cheddar_mashed_yukon_golds.html

SWEET POTATO CASSEROLE

This scrumptious sweet potato casserole gets fabulous flavor from honey and freshly grated orange zest rather than the traditional stick of butter. To complete the healthy makeover we sprinkle a crunchy pecan streusel spiked with orange juice concentrate over the top. You can save the marshmallows for s'mores.

10 servings, about 1/2 cup each

Active Time: 30 minutes

Total Time: 1 1/4 hours

Ingredients

- 2 1/2 pounds sweet potatoes, (3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Topping

- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted
- 1/2 cup chopped pecans

Instructions

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)

Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.

Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.

To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.

Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

Tips & Notes

Make Ahead Tip: Prepare through Step 4; cover and refrigerate for up to 2 days.

Nutrition

Per serving: 242 calories; 10 g fat (2 g sat, 5 g mono); 46 mg cholesterol; 36 g carbohydrates; 5 g protein; 4 g fiber; 170 mg sodium; 351 mg potassium.

Nutrition Bonus: Vitamin A (280% daily value), Vitamin C (25% dv).

Exchanges: 2 starch

SOURCE: Eating Well-- http://www.eatingwell.com/recipes/sweet_potato_casserole.html

ZESTY BROCCOLI CASSEROLE

This favorite casserole was revamped to include the same creamy tang of the original recipe, but with 26 fewer grams of fat. The water chestnuts add a surprising crunch, and the substitution of sharp Cheddar cheese for the milder Colby variety provides additional zing.

10 servings (serving size: about 3/4 cup)

Ingredients

3 (10-ounce) packages frozen broccoli florets, thawed
Cooking spray
1 ½ cups fat-free milk
2 ½ tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3/4 cup (3 ounces) shredded sharp cheddar cheese
1/2 cup (4 ounces) fat-free cream cheese, softened
1 cup fat-free mayonnaise
3/4 cup chopped onion (about 1/2 medium)
1 (8-ounce) can water chestnuts, rinsed, drained, and sliced
3/4 cup panko (Japanese breadcrumbs)
2 teaspoons butter, melted

* Regular breadcrumbs can be used in place of the panko. If the broccoli florets are very large, cut them into bite-sized pieces

Instructions

Preheat oven to 375°.

Arrange broccoli in an even layer in an 11 x 7-inch baking dish coated with cooking spray; set aside.

Combine milk, flour, salt, and pepper in a large saucepan over medium-high heat; bring to a boil. Cook 1 minute or until thick, stirring constantly. Remove from heat. Add cheddar and cream cheeses; stir until smooth. Stir in mayonnaise, onion, and water chestnuts. Spoon cheese mixture evenly over broccoli.

Place panko in a small bowl. Drizzle with butter, and toss. Sprinkle breadcrumb mixture evenly over cheese mixture. Lightly spray breadcrumb layer with cooking spray.

Bake at 375° for 25 minutes or until mixture begins to bubble and breadcrumbs brown.

Nutritional Information

Calories: 141 (31% from fat)

Fat: 4.9g (sat 2.6g mono 1.3g, poly 0.7g)

Protein: 8.6g

Carbohydrate: 17.9g

Fiber: 4.1g

Cholesterol: 15mg

Iron: 1mg

Sodium: 484mg

Calcium: 173mg

SOURCE: Cooking Light, July 2006--

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1206186

BUTTERNUT SQUASH RISOTTO

8 servings (serving size: 2/3 cup)

Ingredients

- 2 cups water, divided
- 2 (14 1/4 -ounce) cans low-salt beef broth
- 2 teaspoons olive oil
- 1/2 cup finely chopped yellow onion
- 3 cups (3/4-inch) cubed peeled butternut squash (about 1 pound)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups Arborio rice or other short-grain rice
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
- 3 tablespoons unsalted butter
- 2 tablespoons finely chopped fresh parsley

Instructions

Bring 1 1/2 cups water and broth to a simmer in a large saucepan (do not boil). Keep warm over low heat. Heat the oil in a Dutch oven over medium heat. Add onion; cook 8 minutes or until golden, stirring frequently. Add 1/2 cup water, squash, salt, and pepper; cook 10 minutes or until squash is tender and water has almost evaporated. Add rice; stir until combined. Stir in 1/2 cup broth mixture; cook until liquid is nearly absorbed, stirring constantly. Add the remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in cheese, butter, and parsley. Serve immediately.

Nutritional Information

Calories: 272 (25% from fat)
Fat: 7.6g (sat 4g, mono 2.8g, poly 0.5g)
Protein: 7.9g
Carbohydrate: 41.4g
Fiber: 2.8g
Cholesterol: 15mg
Iron: 1mg
Sodium: 275mg
Calcium: 119mg

SOURCE: Cooking Light, October 2003--

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=549790

MAKEOVER CORN PUDDING

12 Servings

Preparation time: 15 minutes

Bake time: 50 minutes

Ingredients

- 1/3 cup all-purpose flour
- 2 tablespoons sugar
- 1 cup fat-free milk
- 3/4 cup egg substitute
- 1 tablespoon butter, melted
- 1 teaspoon salt
- 8 cups frozen corn, thawed
- 1 can (14-3/4 ounces) cream-style corn
- 1 cup (4 ounces) shredded sharp cheddar cheese

Instructions

In a large bowl, combine flour and sugar. Whisk in the milk, egg substitute, butter and salt. Stir in the corn, cream-style corn and cheese.

Pour into a 13-in. x 9-in. baking dish coated with cooking spray. Bake, uncovered, at 375° for 50-55 minutes or until a knife inserted near the center comes out clean.

Nutrition Facts

1 piece equals 197 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 403 mg sodium, 35 g carbohydrate, 3 g fiber, 8 g protein.

Diabetic Exchanges: 2 starch, 1 fat.

SOURCE: Healthy Cooking August/September 2009, p23-
<http://www.tasteofhome.com/Recipes/Makeover-Corn-Pudding>

BULGUR STUFFING WITH DRIED CRANBERRIES & HAZELNUTS

For a change of pace from traditional bread stuffing, try this elegant, nutty-tasting pilaf, which features quick-cooking whole-grain bulgur.

10 servings, 3/4 cup each **Time:** 40 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onions, (2 large)
- 1 cup chopped celery, (2-3 stalks)
- 1 clove garlic, minced
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 2 cups bulgur, rinsed (see Ingredient note)
- 3 cups reduced-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon salt, or to taste
- 2/3 cup dried cranberries
- 1/4 cup orange juice
- 2/3 cup chopped hazelnuts, (2 ounces)
- 1/2 cup chopped fresh parsley
- Freshly ground pepper, to taste

Instructions

Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes. Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes.

Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. (Alternatively, bring dried cranberries and orange juice to a simmer in a small saucepan on the stovetop and remove from heat.) Set aside to plump.

Toast hazelnuts in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. When the bulgur is ready, discard the bay leaf. Add the cranberries, toasted hazelnuts, parsley and pepper; fluff with a fork.

Nutrition

Per serving: 210 calories; 7g fat (1g sat, 5g mono); 2mg cholesterol; 34g carbohydrates; 6g protein; 7g fiber; 114mg sodium; 269mg potassium.

Nutrition bonus: 11 mg Vitamin C (27% dv), 64 mg Magnesium (16% dv).

Exchanges: 1 1/2 starch, 1/2 fruit, 1 vegetable, 1 fat

Make Ahead Tip: The stuffing will keep, covered, in the refrigerator for up to 2 days. To reheat, place in a baking dish and add 1/2 cup water. Cover and microwave on high for 10 to 15 minutes. (Alternatively, bake at 350°F for 25 to 30 minutes.)

Ingredient note: Fiber-rich bulgur is made from whole-wheat kernels that are precooked, dried and cracked. Virtually a whole-grain convenience food, bulgur cooks in less than 20 minutes. You can find it in health-food stores and some large supermarkets. To stuff a turkey, prepare the recipe and let cool completely. Place about 5 cups of the stuffing loosely in turkey cavities; heat the remainder separately.

SOURCE: Eatingwell.com-- <http://food.aarpmagazine.org/recipes/eatingwell/bulgur-stuffing-dried-cranberries-hazelnuts>

SPICED CRANBERRY SAUCE

8 servings

Preparation Time: 5 minutes

Cook time: 30 minutes, plus chilling

Ingredients

- 1 package (12 ounces) fresh *or* frozen cranberries
- 1 $\frac{3}{4}$ cups sugar
- 1/2 cup water
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/8 teaspoon salt
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves

Instructions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, until the berries pop and mixture is thickened, about 30 minutes. Cool. Transfer to a serving bowl; cover and refrigerate until chilled.

Nutrition

1 serving (1/4 cup) equals 191 calories, trace fat (trace saturated fat), 0 cholesterol, 38 mg sodium, 49 g carbohydrate, 2 g fiber, trace protein.

SOURCE: Country October, November 2006, p49-- <http://www.tasteofhome.com/recipes/Spiced-Cranberry-Sauce>

BREADS & DESSERTS



PUMPKIN FLAX QUICKBREAD

This is a moist, dense quick bread suitable for breakfast or holiday meals. It is a vegan version, containing no animal products. Flaxseed meal can serve as an egg substitute in many baked goods, which means no cholesterol from egg yolks and added omega-3's!

12 servings

Prep time: 10 minutes

Cook time: 1 hour and 10 minutes

Ingredients

- 2 tablespoons flax seed meal
- 6 tablespoons water
- 1 1/2 cups sugar
- 1 cup canned pumpkin puree
- 1/2 cup applesauce
- 1 1/3 cups all-purpose flour*
- 1/3 cup whole wheat pastry flour*
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves

Instructions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x5 inch loaf pan.

Whisk together flax seed meal and water. Mix in sugar, pumpkin and apple sauce.

In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan.

Bake in preheated oven for 65 to 70 minutes, until a toothpick inserted into center of the loaf comes out clean.

Nutrition

Total Fat: 1.1g, Cholesterol: 0mg, Sodium: 316mg, Total Carbs: 41.2g, Dietary Fiber: 2g, Protein: 2.4g

SOURCE: Allrecipes.com-- <http://allrecipes.com/Recipe/Pumpkin-Flax-Quickbread/Detail.aspx#nutrition>

* In our cooking class, we used 1 2/3 cup whole wheat white flour. Like regular whole wheat flour, whole wheat white is still considered a whole grain, but has a lighter texture than regular whole wheat flour and is a good substitute in many baked goods. You can find it with the other baking flour in the grocery store.

PUMPKIN PIE CAKE

16 servings (serving size: 1 slice)

Ingredients

Cake:

Cooking spray
2 tablespoons all-purpose flour
1 cup granulated sugar
1/2 cup packed brown sugar
1/4 cup canola oil
1/2 cup egg substitute
2 large eggs
1 (15-ounce) can unsweetened pumpkin
2 cups all-purpose flour (about 9 ounces)
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons pumpkin-pie spice
1/2 teaspoon salt

Frosting:

2 tablespoons butter, softened
1 (8-ounce) package 1/3-less-fat cream cheese
3 cups powdered sugar
2 teaspoons fresh orange juice
1/4 cup chopped pecans, toasted
Orange slices (optional)
Instructions

Instructions

Preheat oven to 350°.

To prepare cake, coat 2 (8-inch) round cake pans with cooking spray. Dust pans evenly with 2 tablespoons flour.

Combine 1 cup granulated sugar, brown sugar, and oil in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended. Add egg substitute and eggs; beat until well blended. Add pumpkin, beating until blended.

Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine flour, baking powder, and next 3 ingredients (through salt) in a medium bowl. Gradually add flour mixture to pumpkin mixture, beating just until blended. Spoon batter into prepared pans. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack. Remove cake from pans; cool completely on wire rack.

To prepare frosting, beat butter and cream cheese at medium speed until creamy. Gradually add powdered sugar, beating until blended (do not overbeat). Add juice, stirring until blended.

Place one cake layer on a serving plate. Spread 1 cup frosting over layer, and top with remaining cake layer. Spread remaining frosting over top of cake. Sprinkle with pecans, and garnish with orange slices, if desired.

Nutritional

Calories: 318 (30% from fat)

Fat: 10.6g (sat 3.5g, mono 3.8g, poly 1.8g)

Protein: 5.2g

Carbohydrate: 51.8g

Fiber: 1.4g

Cholesterol: 40mg

Iron: 1.6mg

Sodium: 284mg

Calcium: 42mg

Nutritional Tip: To lighten this stunning dessert, we cut out three-quarters of a cup of oil and combined whole eggs and egg substitute. The result: 11 fewer grams of fat. We used light cream cheese for the frosting, reducing fat by an additional 7 grams. Now with only 223 calories per slice, this centerpiece is a nutritional masterpiece.

SOURCE: Cooking Light, NOVEMBER 2005--

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1120310

BAKED APPLES WITH CHERRIES AND ALMONDS

Any good baking apple, such as Golden Delicious, Rome or Granny Smith, holds its shape beautifully for this dish. Serve it as a light dessert, or alongside roasted pork or pork tenderloin.

Serves 6

Ingredients

- 1/3 cup dried cherries, coarsely chopped
- 3 tablespoons chopped almonds
- 1 tablespoon wheat germ
- 1 tablespoon firmly packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 6 small Golden Delicious apples, about 1 3/4 pounds total weight
- 1/2 cup apple juice
- 1/4 cup water
- 2 tablespoons dark honey
- 2 teaspoons walnut oil or canola oil

Instructions

Preheat the oven to 350 F.

In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside.

The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each apple, stopping 3/4 inch from the bottom.

Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.

Nutrition

Serving size: 1 apple—179 Calories, 2 g Protein, 37 g Carbohydrates, 4 g Fat, 0 g Saturated Fat, 2 g Monounsaturated Fat, 0 mg Cholesterol, 5 mg Sodium, 5 g Fiber

SOURCE: Mayo Clinic Staff—<http://www.mayoclinic.com/health/healthy-recipes/NU00299>