

Awesome Apples

The apple is a national favorite. Three out of four Americans say it's among their top fruits for a snack. Even better, apples pack a powerful combination of good nutrition and a seemingly infinite variety of tastes.

Quick Apple Crisp

Ingredients

- 1/3 cup graham cracker crumbs
- 1/3 cup quick oats
- 2 tbsp. brown sugar
- 2 lb. apples (about 6, medium size)
- 1/2 cup water
- 1 tsp. cinnamon
- 1 tbsp. butter

Directions

Preheat oven to 375 degrees. In a small bowl, mix graham cracker crumbs, oats, and brown sugar. Wash and peel apples. Quarter them; cut out core and seeds. Slice apple quarters. Spread apples in a 12-by-8-inch baking pan. Add 1/2 cup of water to the pan.

Sprinkle cinnamon and topping mixture over apples and dot with butter. Bake for about 45 minutes or until apples are soft and topping is browned.

Per Serving Serves six. Each serving provides: 140 calories, 3 g total fat (1.5 g saturated fat, 0 g trans fat), 5 mg cholesterol, 50 mg sodium, 30 g carbohydrates, 3 g fiber, 20 g sugars, and 1 g protein.



Chicken Bruschetta

- 1 lb. Roma tomatoes, cored, seeded, and diced (about 8 small tomatoes)
- 1/2 cup diced red onion
- 3 large garlic cloves, minced, about 1 tbsp.
- 2 tbsp. fresh basil, minced
- 2 tbsp. balsamic vinegar
- 1 tbsp. extra virgin olive oil
- 1 tbsp. honey (optional)
- 1/2 tsp. sea salt
- 1 tsp. freshly ground black pepper
- 1 1/2 lbs. boneless, skinless chicken breasts (about 4 6-oz. chicken breasts)
- 1 tsp. garlic powder (or to taste)
- 1 tsp. Italian seasoning blend



In a large bowl, stir together first eight ingredients and 1/2 teaspoon black pepper.

Preheat indoor or outdoor grill to high. Season chicken breasts with remaining black pepper, garlic powder, and Italian seasoning blend. Grill four to five minutes per side or until cooked through.

To serve, pour 3/4 cup of fresh tomato mixture over each chicken breast. Serve with toasted whole wheat bread, whole wheat pasta, or brown rice.

Note: If the tomatoes are fresh and in season, you do not need to use the honey. If you prefer a warm sauce, simply heat tomato mixture over medium-high heat for about five to six minutes, until just warmed up. If you would like less salt, cut the amount down to 1/4 teaspoon.

Makes 4 servings of 1 chicken breast and 3/4 cup sauce each, which contains 271 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 97 mg cholesterol, 410 mg sodium, 13 g carbohydrates, 9 g sugar, 2 g fiber, and 40 g protein.