

# Apple Nachos

by Chef Scott Teal, Hy-Vee

## Ingredients

- 2 large apples
- 1 tbsp lemon juice
- 1/4 cup granola
- 1/4 cup dried fruits
- 1 tbsp sunflower seeds

### Sauce:

- 1 tbsp honey
- 2 tbsp water
- 1/4 cup low-fat  
peanut butter

(Substitute with unsweetened peanut butter, almond butter, or sunflower butter if preferred)



**Preparation time:** 10 minutes  
Recipe makes 2 servings

## Directions

Slice apples, then mix apples with lemon juice and arrange on a serving plate. In a microwave-safe bowl, place sauce ingredients. Stir and drizzle over apples. Place granola, seeds and dried fruit on top of the sauce and apple slices. Enjoy as a healthy snack for both children and adults!



Chef Scott is the executive retail chef at the Empire Hy-Vee. A graduate of the Texas Culinary Academy and a Brookings native, he enjoys creating cooking classes, food demonstrations as well as meeting new and returning customers at Hy-Vee. Stop by and say hi to Chef Scott, ask questions, and allow him to help you create lasting memories in your kitchen.



Eat Well,  
Live Well

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*Pick it! Try it! Like it!*

## APPLE

### *Pick it!*

There are about 2500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keeping apples in a bag in the refrigerator or in the drawer helps them last longer.

As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.

### *Try it!*

Wash before eating. Use raw as a snack or in a sack lunch, sliced in salad, or cooked as applesauce.

Make unsweetened applesauce with sweet apples. Peel, core, and coarsely chop 4 apples. Simmer in a saucepan with ¼ cup water and one lemon slice for 10 minutes. Stir frequently and crush when soft if desired. Add cinnamon and nutmeg.

May be baked into apple crisp or apple pie.

Apple slices can also be baked or dried into apple chips.



### Gala

- Favorite for fresh eating, baking, salads, making applesauce
- Heart shaped, yellow-orange skin and red striping



### Granny Smith

- Great baked and sautéed and great fresh
- Bright green peel with pink blush, tart taste



### Red Delicious

- Excellent fresh, sweet mild flavor, skin can be tough
- Tall conical shape with bright red coloring

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### Try it!

- Apples are great as fresh snacks, and can easily be packed in lunches.
- Core and slice apples to add to salads, chop for fruit salads.
- Simmering peeled apple slices with a little water causes them to break down and creates applesauce.
- Baking or drying apples can make apple chips.



Find recipes & videos at [iGrow.org](https://www.IGrow.org)



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.  
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.  
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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