

# Michigan Apple Meal Tips



## Great ideas for adding Michigan Apples to your lunch or dinner

- ▶ For a quick microwave applesauce — core and chop 6 Michigan Apples into ½ inch chunks. Place in a microwavable bowl with ¼ cup water. Cover and cook on high for 15 minutes. Stir and cook uncovered for approx. 5 more minutes. Mash apples and stir in 1-2 tbsp. sugar and ½ tsp. cinnamon.
- ▶ Mix 1 (16 oz.) bag of prepared coleslaw mix with 1 large Michigan Apple, cored and finely diced; ¼ tsp. celery seed and ½ cup bottled low-fat coleslaw dressing.
- ▶ Toss Michigan Apple slices into a crunchy salad of mixed greens. Top with low-fat balsamic vinaigrette dressing.
- ▶ For a quick ginger-apple sauce for pork or chicken — combine 1 cup apple cider with ½ cup reduced-sodium chicken broth in a small saucepan. Bring to a boil and simmer uncovered for approx. 15-20 minutes. Combine 4 tbsp. cold water with 1 tbsp. cornstarch. Slowly add mixture into broth using a whisk. Cook for 2 more minutes. Remove from heat and stir in 1 tbsp. apple cider vinegar, 1 tsp. butter and ¼ tsp. ground ginger.