

# EAT WELL, AGE WELL. NATIONAL APPLE MONTH

## Bushels of Nutritional Benefits!

Fall is a great time for gathering with loved ones and celebrating the benefits of the fall harvest. What better way to celebrate good fortune and health than with an apple to keep doctors away?

Apples can offer nutrition through a variety of forms. Baked, whole, juiced, steamed, cooked, they're all great ways to enjoy the nutritious fruit!

Juicing does remove the fiber and can be a dangerously easy way to consume too much sugar, but when enjoyed in moderation, it's still a good way to get the nutrients! If you decide to enjoy a glass of one of nature's best candies, drink it with a meal to slow the absorption of the sugars.

## Broccoli Apple Salad

### Ingredients:

- 2 cups small diced broccoli florets
- 1 small apple, cored and diced
- ½ cup walnuts
- ½ cup carrots, roughly chopped
- ¼ cup golden raisins or dried cranberries
- 1/8 cup chopped red onion

### Dressing

- ½ cup plain Greek yogurt
- ¾ Tbsp apple cider vinegar
- 1 ½ Tbsp honey
- Salt (if desired)



Jaclyn Cooking Classy  
(Photographer).

## Directions

### Dressing

1. Whisk together all the dressing ingredients in a medium mixing bowl.
2. Set aside to chill until ready to use.

### Salad

1. Toss all salad ingredients together in a salad bowl.
2. Coat with the dressing then toss again to distribute evenly.
3. Chill until ready to eat. Store leftovers in the fridge.

Recipe adapted from  
<https://www.cookingclassy.com/broccoli-apple-salad/>

# EAT WELL, AGE WELL. SPINACH LOVERS

## How to Build a Better Salad

For some reason it always seems that when someone else makes me a salad it tastes better. I usually struggle to think of ingredients I could add to make my salad more flavorful and enjoyable. Here are a few steps that add variety and texture to boring salads.

1. Start with a mixture of greens both tender and hearty- I like spinach and romaine.
2. Add some roasted and raw veggies- this helps to add a variety of flavor and texture.
3. Add dressing- you can make your own simple dressing at home!
4. Add crunch- maybe roasted chickpeas, croutons, or nuts.
5. Add seasoning- experiment and have fun.
6. Add protein (optional)- especially if the salad is your main entrée. Try leftover chicken, nuts, beans, tuna or a hardboiled egg.

These steps help me to construct a salad that is flavorful, has a variety of texture, and isn't boring! I hope these tips help you love salads a little more.

## Greek Dressing

### Ingredients:

- 1 clove of garlic- minced
- 1 teaspoon dried oregano
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ¼ cup freshly squeezed lemon juice
- ½ cup olive oil



### Directions

1. Add minced garlic, oregano, salt, and pepper to jar & mix/shake.
2. Squeeze lemon juice & strain seeds.
3. Add lemon juice and olive oil to the jar.
4. Close the jar and shake.
5. Pour on mixture of salad greens.
6. Add roasted and raw veggies.
7. Add your choice of a crunch item
8. Add additional seasoning and protein if desired.

Recipe Adapted From:

<http://www.simplyscratch.com/2010/11/my-big-fat-greek-dressing.html>

Photographer: [www.kaboompics.com/](http://www.kaboompics.com/)

GWAAR Nutrition Team in Collaboration with UW Stout  
Dietetic Students by Emily Preston

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## Spinach

Leafy greens are packed full of two types carotenoids, lutein and zeaxanthin. These are beneficial for the eyes. One study found that intake of these two carotenoids reduced risk of cataracts by 18%.

One cup of fresh spinach has 4 grams of fiber. It is recommended that men and women older than 50 consume 30 and 21 grams of fiber respectively daily.

Salads are not the only way to eat spinach. One of my favorite quick and easy ways to sneak spinach into my day is to add it to a smoothie. I use frozen bananas, so the smoothie is thick without the need of ice. I also enjoy throwing a handful of spinach into spaghetti sauce towards the end of cooking. This way the spinach is soft, but not mushy.

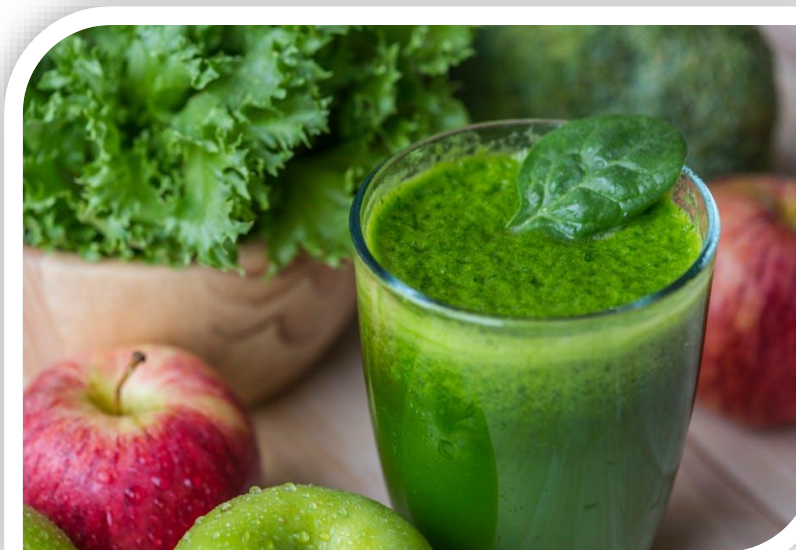
Spinach has numerous health benefits and is easy to add to almost any meal. Find your own ways of incorporating spinach this week! Have fun and enjoy!

## Spinach Smoothie

### Ingredients:

- ½ frozen banana
- 1 cup fresh spinach
- 1 tablespoon peanut butter
- ½ cup milk
- ¼ cup vanilla Greek yogurt

Photographer: rawpixel.com



### Directions

1. Combine all ingredients into blender and blend until smooth.

Recipe adapted from  
<https://damndelicious.net/2013/08/16/green-smoothie-with-peanut-butter-and-banana/>