Autumn Inspiration

Overview

It’s that time of year again! The trees are changing colour, the nights are getting cooler, and kids are back in school. Right now, the markets and grocery stores are stocked with crisp, sweet, tart and juicy red, green and yellow apples. Stock your lunch boxes with fresh apples for a delicious snack, and try this recipe for a new twist on sandwiches.

Ingredients

- 2 slices whole grain bread
- 1 small apple—choose your favourite type
- 1 slice (1oz) old cheddar cheese
- 2 tsp Dijon mustard

Directions

- Spread each slice of bread with Dijon mustard
- To core apple, place upright on cutting board and make 4 vertical cuts around the core. You will have 4 wedges.
- Thinly slice apple wedges and arrange on 1 slice of bread
- Top with cheddar cheese slice and second slice of bread

For a delicious twist on grilled cheese, try toasting the bread and placing 1 slice of bread with apple and cheese under the broiler until cheese is melted. Top with second slice of bread and enjoy.

Nutrition Information

The combination of apples & cheddar cheese is a classic. It offers a meat free alternative to the usual deli meat & cheese sandwiches.


<table>
<thead>
<tr>
<th>Energy (kcal)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Sugar (g)</th>
<th>Fibre (g)</th>
<th>Calcium (mg)</th>
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<tbody>
<tr>
<td>343</td>
<td>13</td>
<td>45.2</td>
<td>7.3</td>
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</table>
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Many of us approach September as fresh start or a second new year. Maybe it’s going back to school or the memory of starting a new chapter in our lives that marks this time of year as a time for change.

Fall marks a change in food preparation. Gone are the summer salads and fresh fruits & vegetables like berries, peaches, corn, zucchini, beans and peas. Now apples, pears, squash, and potatoes are ripe for the picking.

Eat with the season and try a new fruit or vegetable! Did you know that Ontario alone grows more than one hundred different apple varieties? Try a new one each week and find your favourite.

Apples

- An apple a day keeps the doctor away... And this may be true! Apples, especially when eaten with their skins, are an excellent source of fibre, vitamin C and antioxidants.

- Apples contain a balance of soluble fibre, which helps to reduce blood cholesterol, and insoluble fibre, which adds bulk and helps to move food quickly through the intestinal tract.

- Much of the antioxidants and vitamins are in the skin itself, or just below the surface. Eat apples and their skins whenever possible. It is the bright red and green pigments in the skin called flavanoids that may help combat heart disease, cancer, stroke and diabetes.

Need more apple inspiration?

- Find apple-inspired recipes online at:
  www.foodland.gov.on.ca
  www.onapples.com