

# Apple



Apples are inexpensive and available year-round. They're grown in many different parts of the world, and there are hundreds of different varieties, varying from sweet to sour with green, yellow, brown, pink, or red skins. High in fiber, apples are a filling snack that provide a quick and convenient burst of energy!

## Storage

Refrigerate apples in a plastic bag for 4-6 weeks, or simply leave them on the counter if you plan to eat them within 2-3 days. Apples can be pre-cut and frozen up to 6 months for use in smoothies and baked goods, or cooked down into sauce or jam to extend the shelf life. Bruised apples can easily be used in baked goods or breakfasts: simply trim out the bruised area and eat the rest!



## Cooking

The skin of the apple is the most nutritious, so leave it on if possible. Varieties like McIntosh, Red & Golden Delicious, Gala, and Honeycrisp are bred for eating raw, while Fuji, Granny Smith, Braeburn, or Pink Lady are firmer and better for baking, cooking, and making apple sauce.



## Ham & Apple Wraps

Serves: 4      Total Time: 10 minutes

### Ingredients:

- 2 apples, sliced (any kind)
- 6 slices deli ham
- 4 slices deli Swiss cheese
- 2 cups spinach or mixed greens
- 4 tbsp honey mustard dressing (see quick tips below)
- 4 large tortillas or wraps (whole wheat or other)

### Quick Tips

- To make your own honey mustard dressing, whisk together 1 Tbsp honey, 1 Tbsp mustard, 1 tsp vinegar, and 2 Tbsp mayonnaise or plain Greek yogurt. Add more honey or mustard to your liking.
- Try using flavored veggie wraps, like sun-dried tomato or spinach to add extra flavor and color!
- Mix it up with different meats and cheeses: try turkey and provolone, chicken and cheddar, or even a little salami.

lovin'  
spoonfuls  
a food rescue



### Directions:

1. Cut up ham and Swiss into long strips, divide each into 4 equal portions.
2. Lay one tortilla flat on a plate or cutting board. Drizzle 1 tbsp honey mustard dressing in the center and spread around, leaving 2-3 inches around the edges. Lay  $\frac{1}{2}$  cup greens in the center of the wrap, and top with 1 portion of ham and swiss.
3. Roll tortilla up like a burrito, tucking in edges around filling.
4. Cut in half and serve. (Can be made 1-2 days ahead for quick & easy lunches.)