

# Looking for ideas on what to do with the fresh apples in your weekly meal packs?

## Try making homemade applesauce!

### Some skills we cover in this cooking activity:

- How to Rinse
- How to Peel
- How to Core and Slice
- How to Dice
- How to Measure Liquids
- How to Use a Cooktop Safely
- How to Simmer
- How to Cool Food Safely
- How to Stir
- How to Mash

### Applesauce

Eat this by itself as a snack, spoon it into yogurt for breakfast, or eat it with potato pancakes, French toast, chicken, or pork.

Total Time: 55 minutes   Hands-on Time: 20 minutes • Yield: 6 servings • Serving Size:  $\frac{3}{4}$  cup

### INGREDIENTS:

6 apples, any variety, rinsed

$\frac{1}{2}$  cup water

$\frac{1}{2}$  teaspoon of cinnamon (optional)

### INSTRUCTIONS:

1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a counter or other cooking surface.
2. Optional: Peel the apples. Note: Applesauce with the peel left on is faster to make and healthier. The apple peel has fiber, which helps you feel full and has many other benefits for our health.
3. Use the apple corer or slicer to remove the core and cut the apple into slices. If you do not have a slicer, have a helper use a chef's knife to take out the core and cut the apple into slices.
4. Dice the apple slices.
5. Measure the water and pour the water in the pot.
6. Add the diced apples to the pot with water, cover, and put the pot on the stove. Turn the heat to medium-low and cook until the apples are tender, about 25 minutes.

7. Take pot off the stove and set aside to cool a bit, about 10 minutes. Once it has cooled a bit, stir it to help the applesauce cool faster.

8. Mash the apples using a potato masher or fork. If you'd like to add cinnamon or other spices, add and stir them in now.

9. Serve and enjoy the applesauce right away or store in the refrigerator in a lidded container. The applesauce will keep, covered and refrigerated, for up to 4 days.

**SHOPPING LIST:**

6 Apples (any variety, such as Fuji, Granny Smith, Golden Delicious, Honeycrisp, McIntosh, Red Delicious, Winesap, and Pink Lady)

Cinnamon

Dried spices, such as nutmeg, ginger, or cloves(optional)

**Amount per serving:**

Calories: 94; Total Fat: 0.5 g; Saturated Fat: 0 g; Sodium: 2 mg; Total Carbohydrate: 24 g; Dietary Fiber: 4 g; Sugars: 19 g; Protein: 0 g; Vitamin A: 78 IU; Vitamin C: 0 mg; Calcium: 12 mg; Iron: 0 mg.



# Look and Cook Recipe

## Ingredients:

Water



Apples



Cinnamon



## Directions:

1. Wash your hands.



2. Optional: Peel the Apples.



3. Core and slice the apples.



4. Dice the apples.



5. Measure water and pour in pot.



6. Cook the apples.



7. Cool and stir the apples.



8. Mash the apples. Add spices.



9. Enjoy the applesauce!



