



The Dietitian's DISH

...for a
Healthy
Lifestyle



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You'll Be Falling for Apples...

Apples are a seasonal favorite. With a wide variety available, each one offers a different flavor and texture. Finding new ways to add apples into your meals will help to avoid boredom as you strive for "an apple a day". The heart, diabetes, and digestive benefits that apples provide are only possible if you're eating them!



Go beyond just eating apples raw or baking with them (since baked goods often mean lots of added sugar, fat, and calories). Get creative with how you add them into your meals and snacks. Include apples in your breakfast for a sweet start to the day, or add them to a salad or entrée. You're only limited by your imagination!

Ham, Swiss and Apple Wraps

Ingredients:

- 1/2 red onion, thinly sliced
- 1/3 cup low-fat plain yogurt
- 2 Tbsps. chopped fresh parsley
- 2 Tbsps. honey mustard
- Kosher salt and freshly ground pepper (to taste)
- 1 1/2 Tbsps. extra-virgin olive oil
- 6 slices low-sodium, lean ham, torn into bite-size pieces
- 4 slices Swiss cheese, cut into strips



- 1 romaine lettuce heart, torn into bite-size pieces
- 1 apple, thinly sliced
- 4 whole-wheat wraps

Directions:

- Soak red onion in a bowl of ice water for 10 minutes. Drain onion and squeeze dry.
- Whisk the yogurt, parsley, honey mustard, salt and pepper in a large bowl. Drizzle in the olive oil and 1 Tbsp. water, whisking until combined.
- Add the onion, ham, cheese, lettuce and apple to the bowl and toss to coat.
- Pile the ham mixture in the middle of each wrap. Fold over the top and bottom sides and roll up the wrap. Cut in half to serve.

Variation: Cut some calories by eliminating the wrap and serving it as a tossed salad.
Recipe and image adapted from FoodNetwork.com.