

# Healthy Eating

## Apples Are The Pick Of The Season

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(NAPSA)—To promote the benefits of fresh produce, Weight Watchers® continues its Pick of the Season, a public health initiative spotlighting seasonal fruits and vegetables, with recipes this quarter for apples. This easy-to-find produce selection not only tastes great, it provides a wide range of nutrients essential for good health.

Apples provide eating satisfaction without a lot of calories as well as being a quick and easy way to get some tasty nutrition. One medium apple, which translates into a 2¾" diameter or three apples per pound, has about 70 calories. Apples also provide fiber, with the amount of fiber doubling when the skin is eaten. They contain less than ¼ gram of fat and 150 milligrams of potassium.

So enjoy apples—not just as a crunchy snack, but as part of mouthwatering recipes. Apples are delicious and nutritious, which is why this snack-sized fruit is this season's Weight Watchers® Pick of the Season. Apples can do it all—from appetizers to desserts. Four flavorful recipes are Tangy Apple Salad, Pork with Apples 'n' Kraut, Sweet Potato and Apple Casserole and, for dessert, Apple Crisp. The Sweet Potato and Apple Casserole follows. For the other recipes and to learn more, visit [www.WeightWatchers.com](http://www.WeightWatchers.com) or call 1-800-651-6000.

### **Sweet Potato and Apple Casserole** *Makes 6 servings*

**3 medium-sweet potatoes**  
**¼ cup granulated sugar**



**Apples don't just taste great,  
they're good for you, too.**

**1 tablespoon grated orange  
zest**

**½ teaspoon ground nutmeg**

**¼ teaspoon salt**

**3 medium apples, pared,  
cored and cut crosswise  
into ½" rings**

**¼ cup orange juice**

**1. Wash sweet potatoes and prick in several places with tines of a fork. Microwave on High for 8 minutes (until a fork or knife is easily inserted). When cool enough to handle, peel and cut into ½" slices.**

**2. In a small bowl, combine sugar, orange zest, nutmeg and salt.**

**3. In a deep, 1½-quart microwavable casserole, layer alternate slices of potatoes and apples; sprinkle with sugar mixture, then orange juice. Microwave on High for 6 minutes (mixture should be piping hot and apples should be tender).**

**POINTS® value per serving: 2,  
134 Calories, 0g Fat, 3g Fiber.**