

# Healthy APPLE Recipes

## Apple Turkey Picadillo (served with whole wheat tortillas)

2 teaspoons extra-virgin olive oil  
1/3 cup finely chopped red onion  
1 clove garlic, minced  
8 ounces 99%-lean ground turkey  
1/2 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/8 teaspoon ground cloves  
1 tablespoon cider vinegar  
1 tablespoon cider vinegar  
1 medium tart green apple (peeled, chopped)  
1 cup chopped tomato  
3 tablespoons chopped green olives  
1/2 teaspoon Worcestershire sauce  
1/4 cup sliced scallion greens

**Makes 2 servings**

**Each serving provides:**

**Calories: 246**  
**Total fat: 8 g**  
**Saturated fat: 1 g**  
**Cholesterol: 45 mg**  
**Protein: 4 g**

1. Heat oil in a large skillet over medium heat. Add onion and garlic; cook until soft, stirring often, about 2 minutes. Add turkey; cook, stirring and breaking up, until lightly browned, 4 to 6 minutes.
2. Stir in cumin, oregano, salt, pepper and cloves; cook for 30 seconds. Stir in vinegar, scraping up any browned bits. Stir in apple, tomato, olives and Worcestershire sauce. Reduce heat and gently simmer, stirring often, until any liquid in the pan has reduced to a syrupy glaze, about 8 minutes. Stir in scallion greens and serve.

## Curried Scallop-Apple Salad

6 teaspoons extra-virgin olive oil, divided  
1/2 cup thinly sliced shallot  
3/4 teaspoon curry powder  
1 cup apple cider  
1/2 teaspoon salt, divided  
1 teaspoon cider vinegar  
1 pound dry sea scallops, tough muscle removed  
1/4 teaspoon freshly ground pepper  
8 cups mixed salad greens  
1 tart apple, such as Granny Smith, diced  
1/4 cup dried cranberries  
1/4 cup sliced almonds, toasted

**Makes 4 servings**

**Each serving provides:**

**Calories: 291**  
**Total fat: 11 g**  
**Saturated fat: 1 g**  
**Cholesterol: 37 mg**  
**Protein: 21 g**

1. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add shallot and curry powder and cook, stirring, until the shallot is beginning to soften, about 3 minutes. Add cider and 1/4 teaspoon salt. Bring to a boil and cook until reduced to 3/4 cup, about 4 minutes. Pour into a large bowl and whisk in 2 teaspoons oil and vinegar. Reserve 1/4 cup dressing in a small bowl.
2. Pat scallops dry and sprinkle with the remaining 1/4 teaspoon salt and pepper. Add the remaining 2 teaspoons oil to the pan and heat over medium-high. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate.
3. Add salad greens, apple, cranberries and almonds to the large bowl; toss to coat. Top with the scallops and drizzle with the reserved 1/4 cup dressing.

## Apple Oatmeal Whole Wheat Muffins

1 cup rolled oats  
1 cup whole wheat flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 tablespoon cinnamon (or more, if you like)  
1/3 cup sugar  
1/2 banana, mashed  
1/3 cup applesauce (no sugar added!)  
3/4 cup soy milk (plain or vanilla)  
1 apple (peeled, diced)  
1/4 cup walnuts, chopped into chunks

**Makes 4 servings**

**Each serving provides:**

**Calories: 152**  
**Total fat: 4 g**  
**Saturated fat: 0 g**  
**Cholesterol: 67 mg**  
**Protein: 27 g**

1. Set oven to 350 degrees. Dice your apple. Thoroughly mix dry ingredients (oats through sugar) in a large bowl.
2. Mix the mashed banana, applesauce, and soymilk. Mix this with the dry ingredients and quickly toss in the nuts and apples.
3. The batter should be rising. Scoop it into paper linings in a muffin tray or a greased tin. Bake for about 15 minutes.

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