

Teacher Version

Hip Hop Microwave Apple Sauce with Dried Fruit



Date _____

Dear parents,

Today my students learned about fruit and how important they are for overall health.

To demonstrate how to cook fruit, they learned to make applesauce in the Microwave. Here is an easy recipe to make at home with your child.

Prep Time: 15-20 minutes **Cooking Time:** 12-14 minutes **Makes:** 4-5 cups, or 8 -10 (½-cup) servings

Notes: Making this recipe with students teaches the following:

- Peeling and a coring
- Dicing and measuring
- Microwave cooking techniques.
- How dried fruit hydrates in the presence of liquid and heat.
- Calculating cooking times
- How to handle hot pots

Cooking Equipment:

- ♥ Vegetable peeler
- ♥ Cutting board
- ♥ Knife
- ♥ ½ teaspoon measuring spoon
- ♥ Liquid measuring cup
- ♥ Dry ¼ cup measuring cup
- ♥ Large stirring spoon or rubber spatula
- ♥ Microwavable 2-quart casserole (preferably with lid)
- ♥ Hot mitts
- ♥ Trivet for cooling the apple sauce casserole

Serving Equipment:

- ♥ Serving spoon
- ♥ Small disposable serving bowls or cups
- ♥ Disposable spoons

Ingredients:

- ♥ 8 apples, try Fuji, Macintosh, Golden Delicious, Granny Smith, or a combination
- ♥ ¼ teaspoon cinnamon
- ♥ ¼ teaspoon nutmeg
- ♥ ½ cup dried fruit – either raisins, cherries, cranberries, diced apricots, etc.
- ♥ 1/3 cup liquid, either water or apple juice
- ♥ ¼ cup granulated white or brown sugar

Method

1. Peel, core and dice the apples.
2. Combine the apples, in 2-qt. microwave-safe dish, with the spices dried fruit and the liquid.
3. Cover with a lid or vented plastic wrap. Microwave on high (100%) 12 to 14 minutes stirring halfway through the cooking time. Microwave until the apples are tender and are starting to fall apart and the dried fruit is hydrated. (If your microwave does not have a carousel, rotate the dish every 4 minutes.)
4. Stir sugar into the hot fruit.
5. Microwave on high 3 minutes or until the sugar dissolves. Stir and set aside to cool before serving. If a finer texture is desired, mash or puree the apple mixture and it put through a strainer.
6. Bring to room temperature before refrigerating for up to two days. The recipe can be frozen for up to 6 months in plastic freezer containers.
7. **Serving Extras:** Top with plain yogurt, sour cream, whipped cream or dairy topping. Sprinkle with toasted chopped pecans, walnuts or pine nuts.

Nutrients per serving: Calories 100/ Protein 0.14 g/ Carbohydrates 27g/ Dietary Fiber 4g/ Fat 0.05g/ Cholesterol 0mg/ Calcium 3.27mg

Hip Hop Healthy Heart for Kids- Module 3: Eat Good Food/ Lesson 4: Fabulous Fruits/ Recipes

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♥ Cutting board 	♥ Large stirring spoon or rubber spatula 
♥ Knife 	♥ Microwavable 2-quart casserole (preferably with lid) 
♥ ½ teaspoon measuring spoon 	♥ Hot mitts 
♥ Liquid measuring cup 	♥ Trivet for cooling the hot apple sauce casserole 

Ingredients:

♥ 8 apples, try Fuji, Macintosh, Golden Delicious, Granny Smith, or a combination 	½ cup dried fruit – either raisins, cherries, cranberries, diced apricots, etc. 
♥ ¼ teaspoon ground cinnamon 	1/3 cup liquid, either water or apple juice 
♥ ¼ teaspoon ground nutmeg 	¼ cup granulated white or brown sugar 

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