

CHANGE YOUR PALATE, HEALTHY COOKING PARTNERSHIP



The YMCA of WNC Minority Diabetes Prevention Program is grateful to our many community partners, including Change Your Palate.

Shaniqua Simuel’s hands-on knowledge and nutrition resources show all of us in the community how to enjoy our favorite dishes prepared in a healthful way.

Many times, we think we can’t enjoy the foods we’ve grown up with, but Shaniqua is a master at creating delicious comfort foods that not only satisfy but also nourish body and soul.

To learn more about upcoming Fall cooking demos and no-cost Diabetes Prevention Programming, please contact us at (828) 251-5910 or communityhealth@ymcawnc.org.

Oh, Gimme Some of Them!



SAUTÉED APPLES

4-6 Servings
15 Minutes



INGREDIENTS

- 5 Medium Crunchy Apples
- 1 tbs. Trivia Brown Sugar
- 1 tbs. Allulose (low-calorie sweetener)
- 1 tsp. Ground Cinnamon
- 1 tsp. Allspice
- 1 tbs. Avocado-based Butter

DIRECTIONS

Wash and peel the apples. If using organic apples, save the peels.*
Chop the apples into quarters, removing the seeds and stems.
Add the chopped apples to a sauce pan with all of the other ingredients.
Cover with a lid and cook on medium-low heat until tender.
Try them with salmon cakes, or as a side dish.
**If using organic apples, save the peels. Bake them with a little brown sugar on parchment paper for 1 hour on 170° until crispy. You will have created a nice apple chip.*

Connect with us on Facebook and share a picture making or enjoying this healthy recipe at www.facebook.com/ymcawnc.



The YMCA of WNC Minority Diabetes Prevention Program is supported by:

