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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.

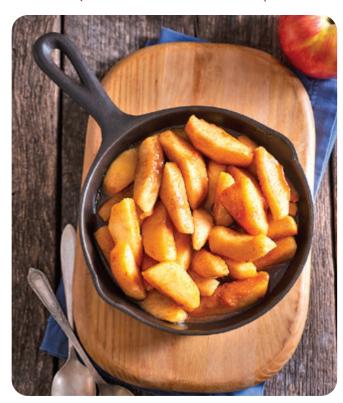
The YMCA of WNC Minority Diabetes Prevention Program is supported by:







Oh, Gimme Some of Them!



SAUTÉED APPLES

1 4-6 Servings

(§ 15 Minutes

INGREDIENTS

5 Medium Crunchy Apples

1 tbsp. Trivia Brown Sugar

1 tbsp. Allulose (low-calorie sweetener)

1 tsp. Ground Cinnamon

1 tsp. Allspice

1 tbsp. 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.



