

Apple & Pear Sauté

Makes: 6 Servings

Cooking is a great way to use fruit that has bruised or started to go soft. The apple and pear peels will soften as they cook, so feel free to leave them on, or remove them if you like.

Ingredients

2 teaspoons oil, such as
olive oil or vegetable oil
2 apples, chopped

1 pear, chopped
2 Tablespoons lemon juice
1/2 teaspoon cinnamon
1/8 teaspoon ground nutmeg

Instructions

1. **Heat** oil in a large pot over medium heat.
2. **Add** apples and cook for 3 minutes.
3. **Add** pears and lemon juice. Cook for another 3 minutes.

4. **Sprinkle** cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. **Serve** hot and enjoy!

Adapted from Just Say Yes to Fruits and Vegetables
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