

# FAST FOOD

## HURRY UP BAKED APPLES

Yields: 4 servings, 1 apple half

### INGREDIENTS

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-ounce) container low-fat vanilla yogurt

### INSTRUCTIONS

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
3. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
4. Microwave 3 to 3 ½ minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.
5. Spoon yogurt over the top.

### COOKING TIPS

- Great as a dessert, snack, or for breakfast.
- Storage tip for raw apples: They keep best in a plastic bag in the refrigerator.

Nutrition Facts	
Serving Size 1/2 Prepared Apple	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 20g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 6%	Iron 2%

## PIZZA BOAT

Yields: 4 servings

### INGREDIENTS

- 4 hot dog buns or English muffins
- ½ cup pizza sauce
- 5 to 6 ounces sliced cooked ham, beef, turkey, or Canadian bacon
- 1 cup vegetables, such as fresh or canned mushrooms, sliced or chopped onions, sliced or chopped peppers, and/or drained crushed pineapple
- ¾ cup shredded cheese

### INSTRUCTIONS

1. Heat oven to 450°F.
2. Cover baking sheet with foil, if desired. Open buns or split muffins and lay cut-side up on baking sheet. Toast for a few minutes in the oven until tops are golden.
3. Spread about a tablespoon of sauce on each half of bun or muffin.
4. Layer meat and vegetables or pineapple.
5. Sprinkle cheese on top.
6. Bake for about 10 minutes or until heated through and cheese starts to bubble.
7. For less sodium, omit canned mushrooms and/or use sliced roasted beef, pork, or chicken.

### TIPS

- To get more vegetables, increase to two cups of vegetables and do not use the meat.

Nutrition Facts	
Serving Size 1 Pizza Boat	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 720mg	<b>30%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 16g	
Vitamin A 8%	Vitamin C 35%
Calcium 25%	Iron 10%

## IOWA STATE UNIVERSITY

Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to [www.dhs.state.ia.us](http://www.dhs.state.ia.us).

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# FAST FOOD



## MY FAST FOOD MEAL

<u>MENU ITEM</u>	<u>GRAMS FAT</u>	<u>CALORIES</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## A DIFFERENT CHOICE...

<u>MENU ITEM</u>	<u>GRAMS FAT</u>	<u>CALORIES</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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