

## Farmers Market Fun Family Recipes



# FRIED APPLES

**Serving Size:** 1/4 cup

**Yield:** 4 servings

### Ingredients

- 1 Tablespoon unsalted butter
- 2 firm apples, cored and cut into 3/8 inch slices

### Instructions

1. Melt butter in a large nonstick skillet over medium heat until foamy.
2. Add apples. Cook, stirring occasionally until apples are golden brown. Time will vary depending on the firmness of the apples. Do not let them turn soft.
3. If you like, sprinkle with sugar and/or cinnamon. Add chopped nuts if you like. Let stand until the sugar melts.
4. Serve warm.

### Notes

Perfect as a topping for pancakes or waffles or as a side dish.





## Nutrition information:

Calories: 70

Carbohydrate: 13 gm

Fiber: 2 gm

Fat: 3 gm

Protein: 0 gm

Cholesterol: 10 mg

Sodium: 0 mg

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*For more information,  
contact your county  
WVU Extension office  
or go to [www.ext.wvu.edu](http://www.ext.wvu.edu).*



## Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

## Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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