



# BalanceWorks<sup>®</sup> Newsletter

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## Enjoying Apples

Fresh, healthy, delicious apples are in abundance in the fall! September marks the start of the apple picking season, so let's celebrate by reviewing their health benefits and trying some tasty recipes that feature our favorite fall fruit.

An apple per day, keeps the doctor away! Apples earned their healthy reputation because they have so many positive health benefits including:

- Improved Digestion
- Prevention of Stomach Disorders
- Constipation Relief
- Bone Protection
- Asthma Help
- Helping with Cancer Prevention
- Reducing Cholesterol
- Diabetes Prevention/Management
- Weight Control

We all know that apples are a great healthy snack all on their own. However, they are also delicious when cooked and can really elevate any meal of the day. Let's take a look at a few ways to incorporate apples into your recipes.

### Pork & Apple

Try this super simple, yet delicious, recipe for an easy fall weeknight dinner.

#### Ingredients

12 oz lean pork	4 tsp butter
2 medium granny smith apples	4 tsp brown sugar

#### Directions

1. Bake or roast pork
2. Sauté apples with butter and brown sugar until apples are soft, add water as needed.
3. Serve with apple and remaining sauce on top of pork chops.

For more information on apples contact the work/life experts at BalanceWorks<sup>®</sup> by calling:

**1.800.327.2255**

eni's BalanceWorks<sup>®</sup> program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





## Apple Cinnamon Quinoa Breakfast Bowl

Try this healthy, tasty recipe, courtesy of Food & Wine Magazine, for breakfast or brunch

### Ingredients:

2 cups milk	2 tablespoons water
1 cup uncooked quinoa	2 tablespoons brown sugar
1 tablespoon unsalted butter	1/2 teaspoon ground cinnamon
1 medium tart apple, peeled, cored, and sliced	

### Directions:

1. In a medium saucepan over medium heat, bring the milk up to a near simmer. Stir in the quinoa and reduce the heat to low.
2. Gently simmer for about 20 minutes or until the quinoa is tender, stirring frequently and making sure to scrape the bottom of the pot to keep the milk from burning. Remove from heat.
3. Meanwhile, melt the butter in a skillet over medium heat. Stir in the apple slices and cook for 2 minutes or until soft. Stir in the water, brown sugar and cinnamon. Cook for an additional 2 minutes or until the liquid thickens.
4. Divide the quinoa between the serving bowls and spoon the apples and any remaining juices on top of the quinoa and serve.

## Apple Stacks

Try this simple, healthy recipe, courtesy of food.com, for lunch, no cooking required!

### Ingredients:

1 large apple, your favorite type	2 tablespoons almond butter
1 banana, not too ripe	1 -2 tablespoon raisins
1 small carrot, shredded	

### Directions:

1. Slice apple, vertically.
2. Slice the banana into medium-thick rounds.
3. Stir raisins into the shredded carrot.
4. Assemble stacks. Spread some almond butter (or your favorite nut butter) on a slice of apple. Place two or three banana slices on top. Then scoop some of the carrot/raisin mix on top of the bananas.

# Happy Fall!