

Turnover the Seasons

While we're sad to see the summer months go, autumn brings new colors, flavors and textures to incorporate into our meals. This month's recipe is a good one for doing just that: combining crisp apples and sharp yellow cheddar, mustard and maple syrup, it's perfect for lunch with a cup of soup or as an afterschool snack. We've also got tips from our friends at the Alliance for a Healthier Generation to help you get in the habit of walking or biking to school, as well as around town!



Apple-Cheddar Turnovers (Serves 6 as a snack)

Bread is the envelope for these oven-baked apple-cheddar "turnovers" — a perfect afterschool snack!

6 slices whole wheat bread	1/2 cup sharp cheddar cheese, finely diced
1 small Gala apple, finely diced	1/4 cup Dijon mustard
A few grates of fresh nutmeg	1 tablespoon maple syrup
Salt	Canola cooking spray
Juice of 1/2 lemon	

Pre-heat the oven to 400°F.

Run a rolling pin over the slices of bread to make them thinner. Season the apples with nutmeg and salt, then dress with the lemon juice. Combine with the cheese.

In a small bowl, combine the Dijon mustard and the maple syrup. Spread the mixture on each slice of bread.

Place some of the apple-cheese mixture over each slice of bread on top of the mustard-syrup. Fold the corners of the bread together to create a triangle. Squeeze the sides together to ensure that they are well-sealed.

Arrange the turnovers on a rack set on top of a baking sheet and spray lightly with canola oil. Bake for 10 minutes, or until golden brown.

Recipe courtesy of Rachael Ray and Yum-o!



TIPS FROM OUR FRIENDS AT THE ALLIANCE FOR A HEALTHIER GENERATION

October is International Walk to School Month. Walking and biking to school are great ways to help young people increase their daily physical activity and build lifelong healthy habits. Join the growing walk to school movement by participating in one of the many national walking events, or by starting one of your own. These tips will help you start a healthy trend in your family and create safe routes to walk to school for the whole family; more information is available online at www.healthiergeneration.org.

WE GO TOGETHER! Reach out to parents and community members to form a walking group with other parents and their children. Walking in groups is safer and more social. Approach your school's Parent Teacher Association with the idea.

TURN OFF THAT TV AND LACE UP THOSE SHOES! If you or your child watches television in the morning before school, use some of that time to get a head start on your walk. Many children spend more time watching television than in meaningful contact with parents. Walk together to change that trend.

PUT THE PEDALS TO THE PAVEMENT! Support your health and your local biking community by putting on a helmet and biking to work or school. Arrive at school or work energized and ready for a great day!

Don't forget to check back at www.yum-o.org for the next edition of the Yum-o! Kitchen Road Map and to subscribe to our monthly e-newsletter!

Recipes courtesy of Rachael Ray and Yum-o! may not align with the nutritional guidelines of the American Heart Association.



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 Generation**

