

# Sustainable Sustenance

## Eating Right for the Planet

There are many reasons to move to a plant-forward diet: it is good for you, and it's good for the planet. Reducing the amount of meat in your diet can reduce your risk of cancer and cardiovascular disease, and it can lower your cholesterol. A plant-forward diet is also good for the planet; fruits, vegetables, and grains take less resources to get to your table than meat! Going meatless a little more often is also easier on your wallet. That makes eating more plant based meals a win-win-win!!

This week's recipe uses pantry staples that you probably always have on hand: oats and apples. We all know oats are good for lower cholesterol, but eating the same old bowl of oats gets, well, boring. Here is a new way to get your oats in. These bars make a good snack too!



### Baked Oatmeal Squares with Sauteed Apples

Ready in 1 hour

You could add chopped apples or dried fruit and nuts to these squares if you want to take these on the run!

- 2 cups old-fashioned rolled oats
- ½ cup packed brown sugar
- 1 tbsp. white sugar
- 1 ½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon (or to taste I like to add ½ tsp. cloves too!)
- 1 cup milk
- 2 eggs
- 2 tbsp. canola oil
- 1 tsp. vanilla extract (or almond! Or maple!)

Preheat oven to 350F (175C), grease an 8 inch pan

Combine oats, sugars, baking powder, salt, and cinnamon in a large bowl. In a separate bowl, whisk milk, eggs, oil, and extract. Pour egg mixture over oats and stir until well combined. Set aside for 20 minutes.

Spread oat mixture in prepared pan and bake until edges are golden brown-about 30 minutes.

## Sauteed Apples

These apples are wonderful over the oatmeal squares or pancakes or waffles or ice cream. They're also delicious on their own.

- 3 to 4 tart apples (I like Granny Smith)
- 2 tbsp. butter
- ¼ tsp each cinnamon and nutmeg
- ¼ cup honey (or to taste)
- water

Prepare your apples by peeling, then chopping or slicing. (Leaving the peel on and a large chop works great.) Toss the apples with cinnamon and nutmeg. Melt the butter in a large skillet over medium heat until just starting to brown, add the apples and saute until tender (about 10 minutes). Add the honey. If your mixture seems to sticky, you can add a little water-and stir. Remove from the heat and pour over oatmeal squares or eat right out of the pan!