



COOKING WITH

APPLES

ABOUT APPLES

- Over 2,500 different varieties of apples are grown in the United States.
- Apples can vary in size from as small as a cherry to as large as a grapefruit.
- Apples are naturally fat-free and contain no sodium or cholesterol.
- Apples are a good source of fiber.

EXTENDING THE SHELF LIFE OF APPLES

- Store apples whole in the crisper drawer of the fridge to keep them fresher longer.
 - Keep separate from other fruits and vegetables.
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APPLE & CHICKEN SALAD

SOURCE: whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-chicken-salad

INGREDIENTS

- 2 red apples
- 2 celery stalks (diced)
- 2 chicken breasts or 2 cans canned chicken (skinless, cooked, diced, about 2 cups)
- ¼ cup plain non-fat Greek yogurt
- ½ cup raisins
- ¼ cup mayonnaise
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 16 lettuce leaves

INSTRUCTIONS

1. Cut apples in quarters; remove core and chop.
2. In a medium sized bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Nutrition Facts

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 8g

Saturated Fat 2g

Cholesterol 65mg

Sodium 330mg

Total Carbohydrates 34g

Dietary Fiber 4g

Sugars 12g

Protein 25g

Calcium 56mg

Iron 2mg

Potassium 553mg

*Based on a 2,000 calorie diet



For additional recipes, please visit akroncantonfoodbank.org/agency/recipes

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