



G L E A N E R S

Apple

For more information about apples check out:
<https://snaped.fns.usda.gov/seasonal-produce-guide/apples>



How do I store them? They store best in cool places away from light and heat. They can be stored in the fridge to stay crisp and tasty.

How do I eat them? They can be sliced and consumed fresh, baked, added in salads, savory meat dishes, or used for a healthy dessert option.

- **Tip to prevent browning:** For sliced apples use some lemon juice to help keep them looking their best and adds extra Vitamin C (Some stores sell lemons for as low as 50 cents each)

What's so great about them? An apple a day keeps the doctor away and it is clear to see why! 1 medium apple contains fiber, vitamins C, B6, B2, A and K, and minerals like potassium, copper, and manganese.

Apple Fun Facts

- It was the apple that inspired Isaac Newton's theory of gravity
- There are more than 7,500 types of apples and the U.S. produces 100 of them!
- A man named Johnny Appleseed was the one who had planted apple tree nurseries from Pennsylvania to Indiana

Chicken and Apple Salad



Servings: 4

R E C I P E

Ingredients:

- 1/2 cup light mayonnaise
- 2 teaspoon curry powder
- 4 teaspoons water
- 2 cups chopped cooked chicken
- 2 apples, rinsed and chopped
- 1/3 cup raisins

Instructions

1. Cook the chicken you are using if you are not using pre-cooked or canned chicken
2. Wash and cut the apples
3. Combine the mayonnaise, curry powder, and water in a bowl big enough to combine the other ingredients.
4. Add the chicken, chopped apple, and raisins to the mixture and stir to combine
5. It is ready to be eaten or can be covered and chilled

Serving size: 1 cup; **Calories:** 209; **Protein:** 23 g;
Carbohydrates: 25g; **Fiber:** 3g; **Sodium:** 303 mg

Information sourced from <https://foodprint.org/real-food/apples/>; Recipe and image sourced from <https://www.myrecipes.com/recipe/curried-chicken-salad-with-apples-raisins> Picture from <https://snaped.fns.usda.gov/seasonal-produce-guide/apples>

Content made by: Brittany Arnold; IUPUI Dietetic Intern