

Chicken Salad

- 1 - 5 ounce can chunk chicken, drained and flaked
- 2 tablespoons creamy salad dressing
- 1 teaspoon sweet pickle relish
- 1 large apple, cored and diced
- 1/2 cup celery, chopped
- 2/3 cup raisins
- 1/2 cup chopped pecans, *optional*
- Salt and pepper to taste

In a large bowl combine all the ingredients. Season with salt and pepper. Chill until serving.

Makes 6 servings

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Microwave Baked Apple

- 1 apple
- 1 tablespoon brown sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon butter or margarine

Core apple, leave bottom intact. In a bowl, mix sugar, nutmeg and cinnamon. Spoon sugar mixture into the apple and set butter on top. Place in a microwavable dish and cover. Cook for 3 to 4 minutes or until tender. Let sit for 2 minutes before serving.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

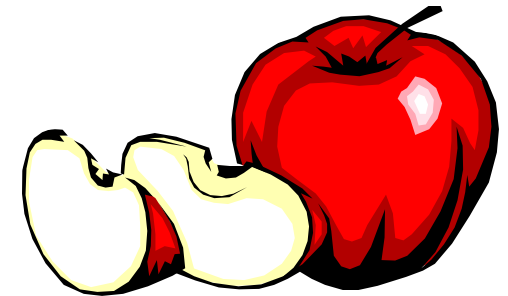
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Fresh-from-the-Farm:

Apples



**Washington WIC &
Senior Farmers
Market Nutrition
Program**

*Making it easier to add fresh fruits
and vegetables to your diet, and
support local farmers, too!*

Selection & Preparation

- ◆ Choose apples that are firm and blemish free with no soft spots or wrinkled skin.
- ◆ Almost all apples are good for freezing, baking and cooking, except Red Delicious, Gala and McIntosh. These apples are best eaten out-of-hand.
- ◆ As a general rule, try to avoid storing apples close to root vegetables and other fruits as the apples will cause them to ripen quickly or spoil.
- ◆ Apples will keep much longer if stored in the refrigerator. Best if used within 2 weeks
- ◆ One pound of apples equals 3 cups of slices.
- ◆ Wash well and eat plain or add to cereal or yogurt. Dice an apple and add to your oatmeal while cooking for a delicious breakfast.



Nutrition Facts

Serving Size: 1 Medium Apple

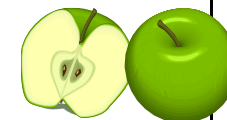
Amount Per Serving

Calories 80

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 0g	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 17g	
Protein 0g	
Vitamin A	2%
Vitamin C	15%
Calcium	0%
Iron	2%
Folate 4 mcg	1%
Potassium 153 mg	

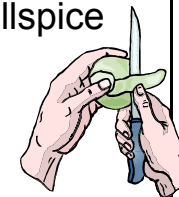
Key Nutrients

- ❖ **Fiber and Vitamin C** - Fiber helps to keep you regular, control blood sugar and may lower cholesterol. Vitamin C supports healthy gums, skin and blood.
- ❖ **Eat apples with the skin on!** - The skin is part of the fiber found in apples and almost half the vitamin C content is just underneath the skin.
- ❖ **Phytonutrients** - found in apples may fight some types of cancers, help reduce cholesterol damage and promote healthy lungs.



Apple Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons salt
- 1/8 teaspoon ground allspice
- 1 cup milk
- 1/4 cup oil
- 1 egg, beaten
- 1 cup finely chopped apple



Combine flours, sugar, baking powder, salt and allspice. Add milk, oil, egg; stir only until mixed. Fold in apples. Fill 12 greased muffin cups until almost full. Bake at 400 degrees for 30 minutes or until pick comes out of center clean. Muffins freeze well. Be sure to label and date them.