

## Chicken Salad with Apricots & Walnuts

- 1/8 cup walnuts
- 2 apricots *or* 1 peach
- 1/2 cup chopped, cooked chicken
- 1/8 cup thinly sliced red onion
- 1-2 tablespoons poppy seed salad dressing
- 1 1/2 cups salad greens (lettuce, mixed greens, spinach or romaine)



Preheat oven to 325 degrees. Arrange walnuts in a single layer on a baking sheet and roast in preheated oven for 7-10 minutes, just until they begin to darken. Remove from oven and set aside.

Remove pit from apricots and slice fruit. Place 1/2 fruit in a bowl and add chicken and onion. Toss with enough dressing to coat. Chop cooled walnuts. Add greens and walnuts to bowl and toss to coat with dressing. Top with remaining sliced fruit.

*Makes 1-2 servings*



## 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

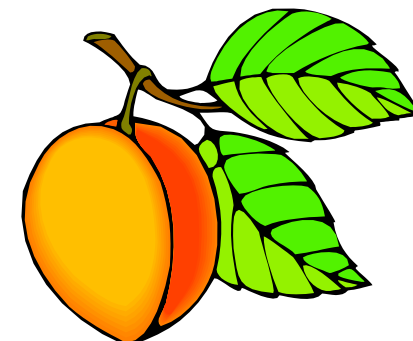
Senior FMNP: 1-800-422-3263

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WIC is an equal opportunity program.

Fresh-from-the-Farm:

## Apricots



## 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 plump apricots that aren't too soft and have a deep orange color.
- ◆ Avoid apricots with cracks or white spots.
- ◆ Handle apricots with care as they bruise easily and bruising will make them spoil more quickly.
- ◆ Apricots can be eaten fresh or cooked like peaches or nectarines.
- ◆ Remove center stone before eating apricots or cooking.
- ◆ Slices can be frozen for later use. Lemon juice will prevent flesh from browning after slicing.
- ◆ Try adding fresh slices to your morning yogurt, oatmeal or cereal. Also, apricots add a delicious sweetness to salads.



## Nutrition Facts

Serving Size: 1/2 cup sliced apricots

**Amount Per Serving**

**Calories 40**

	% Daily Value
<b>Total Fat</b>	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Sodium 0 g</b>	<b>0%</b>
<b>Total Carbohydrate 9 g</b>	<b>3%</b>
Dietary Fiber 2 g	<b>8%</b>
Sugars 7 g	
<b>Protein 1 g</b>	
Vitamin A	<b>45%</b>
Vitamin C	<b>15%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Folate 7 mcg	<b>2%</b>
Potassium 244 mcg	

## Key Nutrients

- ❖ **Vitamin A** - for healthy skin, good vision and resistance to infection.
- ❖ **Vitamin C** - supports healthy gums, skin and blood.
- ❖ **Potassium**— to maintain a normal blood pressure.

## Easy Fruit Cobbler

- 1 cup flour
- 2 teaspoons baking powder
- 3/4 cup sugar
- 3/4 cup milk
- 2 tablespoons butter or margarine
- 2 cups sliced fresh fruit, or berries



Preheat oven to 325 degrees. Melt butter in a 9 x 9 inch baking dish. Blend together flour, baking powder, sugar and milk. Pour batter in baking dish over the butter. Sprinkle fruit over the batter. Bake for 1 hour.

*Makes 1 - 9 inch cobbler*

