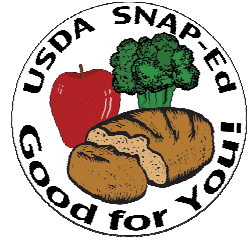


Apples



Selecting Fresh Apples:

- Choose a firm apple with smooth, bright skin.
- Ripe apples have a cream, yellow or light green color in the skin around the core and stem.
- Avoid soft, bruised or decayed apples, and those with shriveled or broken skin.

Measuring Fresh Apples

1 pound = 3 to 4 medium apples = 2¾ cups diced = 2 cups cooked sauce
½ cup fresh, diced, with peel = 2 ¼ ounces by weight = 62 grams

Handling, Ripening and Storing:

- Refrigerate unwashed apples in a perforated plastic bag at 32-35°F.
- Apples ripen 6-10 times faster at room temperature than they do in the refrigerator.
- Store away from raw vegetables and strong-flavored foods.
- Apples give off a natural gas that can help other fruits and vegetables ripen more quickly.
- They stay fresh for several weeks, and at times for up to 6 months.

Preparation and Serving:

- Rinse apples under cold running water.
- Peel if desired, but a lot of the healthy fiber is in the skin so it's best to keep it on.
- To prevent cut apples from browning, dip slices in 1 teaspoon orange, lime or lemon juice mixed with 1/3 cup water.
- Apples are easy to serve with meals or snacks: enjoy whole or sliced fresh apples by themselves or with a dip. Shred or dice and add to salads, main dishes, cooked vegetables, baked goods, etc.

Nutrition Facts: One serving = 1 medium apple (with the peel): Calories 80, Protein 0 grams, Carbohydrates 22 grams, Fat 0 grams, Fiber 3 grams. Apples contribute healthful phytochemicals, antioxidants and other nutrients to the diet.

References: www.urbanext.uiuc.edu/apples, www.fda.gov/fdac/special/foodlabel/raw.html, ESHA Food Processor, www.oznet.ksu.edu/library/hort2/mf661.pdf, www.oznet.ksu.edu/library/FNTR2/MF1187.pdf, Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

Chicken & Apples \$\$\$

Serves 6

Ingredients:

- 2 cups apple juice
- 3 medium apples
- 3 leeks: white and tender light green part only; cut in 1/2 lengthwise, rinsed, cut in 1/2-inch slices
- 6 boneless chicken breast halves, skin removed
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- 3 cups natural chicken broth
- 3 tablespoons unsalted butter
- 2 tablespoons flour
- 1/2 cup low-fat sour cream
- 3 tablespoons minced green onion



Preparation:

In a large skillet over medium heat, bring the apple juice to a simmer. Add the apples and leeks; simmer, stirring occasionally, for about 3 to 5 minutes, or until softened. With a slotted spoon, transfer apples and leeks to a bowl; set aside.

Increase the heat to high and bring the remaining apple juice to a boil. Cook until reduced to about 1/4 cup, about 5 minutes. Pour reduced juice into a small bowl and set aside.

Rinse the chicken and pat dry. Sprinkle all over with salt and pepper. Arrange in a single layer in the skillet. Pour chicken broth over chicken. Place skillet over medium-low heat and cook, partially covered so steam can escape, about 10 to 14 minutes, until chicken is cooked through and juices run clear. Remove chicken to a plate with slotted spoon.

Increase the heat to high and boil the liquid until reduced to 1 1/2 cups, about 6 to 8 minutes. Pour into the bowl with reduced apple juice.

Add the butter to the skillet and heat over medium heat until melted. Whisk in flour and cook, stirring, 1 to 2 minutes, until smooth and bubbly. Whisk in the reserved juices and bring to boil, whisking until thickened, about 3 to 5 minutes. You can use a fork if you don't have a whisk 😊

Reduce heat to low; stir sour cream into the thickened sauce. Add the leeks, apples, and chicken to the sauce, gently stirring to coat well. Cook about 2 minutes, until heated through. Serve warm and enjoy!

Nutritional information per serving: 340 calories, 11g fat, 6g saturated fat, 100mg cholesterol, 650mg sodium, 29g carbohydrate, 3g dietary fiber, 18g sugars, 30g protein.

Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25