



# Market Basket of the month

October

The **Market Basket of the Month** featured fruit is

## APPLES



### Simple Serving Tips

**Fruity Waldorf Salad:** Combine 2 T. low fat mayonnaise and 1 T. lemon juice in a medium bowl. Add 2 small (Gala or Fuji) apples (cubed), 1 C. seedless red grapes (halved), and 1/3 C. dried cranberries; mix well. Add 1/4 C. coarsely chopped walnuts and 1/4 C. thinly sliced celery (1 stalk); mix well. serve on 2 lettuce leaves. Refrigerate up to 2 hours before serving.

**Apple and Cheddar Melt:** Place 1 T. shredded cheddar cheese and 1 small apple (thinly sliced) on 1 (6 in.) corn tortilla. Microwave at high 30 sec. until cheese is bubbly. Roll up and eat.

### Buy Farm Fresh! Visit our Market

#### Basket of the Month Partners:

- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers' Market
- Flinchbaugh's Orchard & Farm Market
- Gettysburg Farmers' Market
- Market & Penn Farmers' Market
- Miller's Plant Farm

## Apple-Spinach Chicken

### Ingredients

Makes: 4 servings

- 2 t. vegetable oil
- 4 (4 oz.) skinless, boneless chicken breast halves
- 1/4 t. salt
- 1/4 t. pepper
- 1 garlic clove, minced (about 1/2 t.)
- 1 T. spicy brown mustard
- 1/2 C. apple cider
- 1 medium Granny Smith apple, cored and sliced
- 6 C. fresh baby spinach

1. Heat oil in large nonstick skillet over med. high heat. Sprinkle chicken with salt and pepper, and add to skillet. Cook 5-6 min. on each side or until well browned. Remove to plate, and keep warm.
2. Add garlic, spicy brown mustard, apple cider, and apple slices to pan; bring to a boil. Reduce heat, simmer, stirring often, 5 minutes. Return chicken and juices to pan. Cook, stirring occasionally, until sauce thickens and the chicken is cooked through, about 3 minutes.
3. Add spinach to pan, and toss until wilted, about 1 minute. Serve hot.

Adapted from: Health, Kathy Kingsley.  
<http://www.health.com/health/recipe/0,,100000157154,00.html>

**Reminder:** For good health, toddlers through adults should eat 1 - 2 cups of fruit a day. The amount needed varies with age and activity level. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

## Nutrition Facts

<b>Serving Size</b>	1 medium apple (154g)	
Amount per Serving		
<b>Calories</b>	<b>80</b>	Calories from Fat 0
	% Daily Value	
<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrate</b>	21g	7%
Dietary Fiber	4g	15%
Sugars	16g	
<b>Protein</b>	0g	
<b>Vitamin A</b>	<b>2%</b>	<b>Calcium 1%</b>
<b>Vitamin C</b>	<b>12%</b>	<b>Iron 1%</b>
<b>Source:</b> www.nutritiondata.com		

### Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last over three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

### Let's Move!

**Roller Skating:** Gather family and friends for a night of roller skating at a roller skating rink.

**Scavenger Hunt:** Bundle your kids up and take them outside for a scavenger hunt. Make a list of items - pinecones, rocks, sticks, etc. Take a bag along to collect the items on the list. Add descriptors to the list such as something brown, smooth, etc.

### Just the Facts

- It takes about 36 apples to create one gallon of apple cider.
- The largest apple ever picked weighed 3 pounds.
- Apple trees take 4 to 5 years to produce their first fruit.
- There are over 8,000 varieties of apples.

Market Basket of the Month is a WellSpan Community and Wellness initiative. To view a listing of monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

