

# Apples



Market  
Basket  
*of the month*

## Serving Ideas:

- Stir chopped or shredded apples into oatmeal.
- Add thin slices of apples to a turkey or ham sandwich.
- Add chopped apples to chicken or tuna salad.
- Make a salad with mixed greens, apples slices and shredded cooked chicken or sliced ham.
- Sprinkle cinnamon on thick slices or chunks and roast in oven until soft.

## How to Store:

- Apples can be stored at room temperature.
- To keep apples fresh for up to 6 weeks, store in the refrigerator.
- Do not refrigerate in closed bags.

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# Nutty Apple Salad

**Ingredients:**

3 large red apples  
1 cup seedless grapes  
1/2 cup seedless raisins  
1/4 cup walnut or pecan pieces  
2 ribs celery  
1/2 cup low-fat mayonnaise

**Directions:**

- Cut the center out of the apples and cut into bite-size cubes.
- Cut grapes in half.
- Cut celery into very small pieces.
- Combine apples, grapes, raisins and nuts in a large salad bowl.
- Add mayonnaise and stir to mix.

# Fruity Cabbage Salad

Makes 6 servings (1/2 cup each)

**Ingredients:**

2 medium apples, washed, cored and diced  
3 cups cabbage, shredded or chopped into small pieces  
1/2 cup raisins  
2 tablespoons orange juice  
1/4 cup low fat vanilla yogurt

**Directions:**

1. In a large bowl, combine diced apples, shredded cabbage, and raisins.
2. In a separate small bowl, whisk the orange juice and yogurt together until smooth.
3. Pour yogurt mixture over salad and stir to combine.

Source: [ClicknCook.org](http://ClicknCook.org)