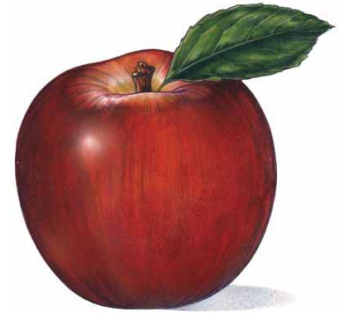




# Market Basket of the month

## October Recipes



### Baked Apple Wedges

Makes 2 servings

#### Ingredients:

- 2 baking apples (yellow apples)
- ½ Teaspoon margarine
- 1 ½ tablespoon brown sugar
- ¼ Teaspoon cinnamon
- 2 Tablespoons orange juice (optional)

#### Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Wash apples, then peel, core and cut apples into quarters or wedges, depending on the size of the apple.
3. Place apples in 1 quart baking dish. Dot apples with margarine. Sprinkle apples lightly with sugar and cinnamon. Orange juice may be added if desired.
4. Bake at 375 degrees F for 30 minutes until apples are tender.

#### Nutrition Facts (Per Serving)

calories, 110; carbohydrate, 28 g; protein, 0.05 g; total fat, 0.93 g; saturated fat, 0.17 g; trans fat, 0.17 g; cholesterol, 0 mg; fiber, 6 g; total sugars, 21 g; sodium, 9 mg; calcium, 13 mg; folate, 0.08 mcg; iron, 0.47 mg; percent calories from fat, 8%.

Recipe courtesy of Massachusetts Department of Agriculture - Farmer's Market Recipes

### Simple Serving Tip

**Apple Cranberry Salad Toss:** Place your choice of salad greens on a plate. Add about ½ apple, thinly sliced. Sprinkle with dried cranberries. Top with a low-fat dressing, such as a lite apple cider vinaigrette.

### Chicken Apple Salad Sandwich

Makes 4 sandwiches

#### Ingredients:

- ¼ pound cooked, shredded chicken
- 1 cup chopped celery (one stalk)
- ½ cup chopped apple (one apple)
- ⅓ cup light mayonnaise
- 1 lemon, juiced
- 1 small box of raisins (1.5 ounces)
- 8 slices whole wheat bread
- 1 chopped walnuts (1 cup, optional)

#### Directions:

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

**Note:** May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced. Suggest serving sandwiches with lettuce and tomato.

**Source:** ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

### 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.

**Market Basket of the Month** is a WellSpan Community Health & Wellness initiative.

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