

### IN SEASON

July - October

## **How to Select**

Choose apples that are firm to the touch. Avoid apples with bruises.

### **How to Store**

Apples will stay fresh on the counter up to 1-2 weeks or can be refrigerated in a plastic bag up to 3 weeks.

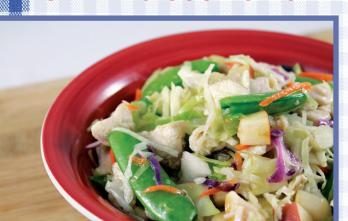
# HELPFUL TIP

Enjoy unpeeled apples to get the most nutritious bang for your buck. About 1/3 of the fiber is in the peel! Eat apples at room temperature for sweeter flavor.





# **SWEET & SOUR CHICKEN BOWL**



Nutrition Fa	icts 🕼
Serving size: 1/4th recipe 4	
Amount Per Serving	
Calories 260 Calo	ries from Fat 80
	% Daily Value
Total Fat 9g	15%
Saturated Fat 1.5g	8%
Trans Fats 0g	
Cholesterol 60mg	20%
Sodium 150mg	8%
Total Carbohydrate 1	8g <b>6%</b>
Dietary Fiber 4g	15%
Sugars 15g	
Protein 23g	
Vitamin A 25%	Vitamin C 90%
Calcium 4%	Iron 10%

# 20 MIN | SERVES 4

#### **INGREDIENTS:**

- · 3 Tbsp olive oil, divided
- 1 lb boneless, skinless chicken breasts, diced
- 1/4 cup no-added-sugar strawberry preserves
- 4 tsp cider vinegar

- 4 cups shredded coleslaw veggie mix
- 1/2 lb snap peas, trimmed
- 1 small APPLE, cored & diced (leave peel on for fiber)

### PREPARATION:

- In a large skillet, heat 1 Tbsp oil over medium. Add chicken & cook 5-7 minutes or until cooked throughout, stirring occasionally.
- Meanwhile, in a small bowl, whisk together preserves, 2 Tbsp oil & vinegar. Set aside.
- In a large bowl, combine cooked chicken, coleslaw veggie mix & snap peas. Mix well.
- 4. Add apple just before serving to prevent browning. Stir in sauce & serve immediately.