

APPLES



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

APPLES



Nutrition Facts

Serving size: 1/4th recipe (292g)

Servings Per Recipe 4

Amount Per Serving

Calories 260 **Calories 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 18g **6%**

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:

1. In a large skillet, heat 1 Tbsp oil over medium. Add chicken & cook 5-7 minutes or until cooked throughout, stirring occasionally.
2. Meanwhile, in a small bowl, whisk together preserves, 2 Tbsp oil & vinegar. Set aside.
3. 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.