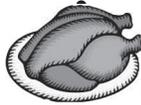


Chicken Salad

- 2 small cooked chicken breasts, chopped
- 2 tablespoons creamy salad dressing
- 1 teaspoon sweet pickle relish
- 1 large apple, cored and diced
- 1/2 cup celery, chopped
- 2/3 cup raisins
- 1/2 cup chopped pecans, optional
- Salt and pepper to taste



• In a large bowl combine all the ingredients. Season with salt and pepper. Chill until serving.

• *Makes 6 servings*

Microwave Baked Apple

- 1 apple
- 1 tablespoon brown sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon butter or margarine

Core apple, leave bottom intact. In a bowl, mix sugar, nutmeg and cinnamon. Spoon sugar mixture into the apple and set butter on top. Place in a microwavable dish and cover. Cook for 3 to 4 minutes or until tender. Let sit for 2 minutes before serving.

Healthy Food Healthy Communities

The Farmers' Market Nutrition Enhancement Program is funded by the State of New Mexico; it is administered by the New Mexico Department of Health and supported by New Mexico Aging & Long-Term Services Department, ECHO Inc, the Salvation Army, and Character Kids. The WIC FMNP and New Mexico Connections Food Stamp Program are funded by the U.S. Department of Agriculture; they are administered by the New Mexico Department of Health and New Mexico Human Service Department, respectively. All programs are supported by the New Mexico Department of Agriculture and the New Mexico Farmers' Marketing Association.

Programs offered by these agencies are consistent with federal and state laws and regulations on non-discrimination regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Report evidence of non-compliance by writing to the Secretary of Agriculture, Washington DC, 20250. Trade names are used to simplify information; no endorsement is intended.

Contact information:

- ✿ **WIC and Nutrition Enhancement Program: 1-866-867-3124**
- ✿ **New Mexico Connections: 1-800-283-4465**
- ✿ **New Mexico Farmers' Markets: 1-888-983-4400**

This brochure is produced for nutrition education and is funded by the USDA Farmers' Market Promotion Program, PNM and the New Mexico Farmers' Marketing Association. Material adapted from Washington State University Extension, USDA Food and Nutrition Program, and the Farmers Market Nutrition Program.



320 Aztec St., Suite B
Santa Fe, NM 87501
505-983-4010
1-888-983-4400



**NEW MEXICO
FARMERS'
MARKETS**

*Fresh from the Farm:
Apples*



- ✿ Nutrition Enhancement Program
- ✿ WIC
- ✿ New Mexico Connections

Making it easier to add fresh fruits and vegetables to your diet and support local farmers, too!

Taste the Difference!

Selection & Preparation

Choose apples that are firm and blemish free with no soft spots or wrinkled skin.

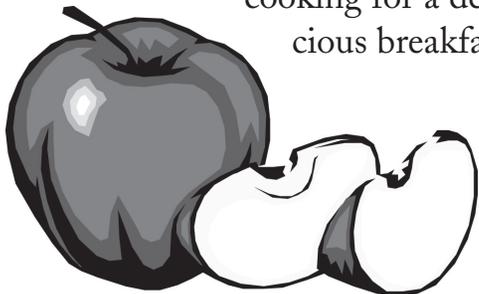
Almost all apples are good for freezing, baking and cooking, except Red Delicious, Gala and McIntosh. These apples are best eaten out-of-hand.

As a general rule, try to avoid storing apples close to root vegetables and other fruits as the apples will cause them to ripen quickly or spoil.

Apples will keep much longer if stored in the refrigerator. Best if used within 2 weeks.

One pound of apples equals 3 cups of slices.

Wash well and eat plain or add to cereal or yogurt. Dice an apple and add to your oatmeal while cooking for a delicious breakfast.



Nutrition Facts	
Serving Size: 1 Medium Apple	
Amount Per Serving	
Calories 80	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 0 g	0%
Total Carbohydrate 21 g	7%
Dietary Fiber 4 g	15%
Sugars 17 g	
Protein 0 g	
Vitamin A	2%
Vitamin C	15%
Calcium	0%
Iron	2%
Folate 4 mcg	1%
Potassium 153 mg	

Key Nutrients

Fiber and Vitamin C - Fiber helps to keep you regular, control blood sugar and may lower cholesterol. Vitamin C supports healthy gums, skin and blood.

Eat apples with the skin on! - The skin is part of the fiber found in apples and almost half the vitamin C content is just underneath the skin.

Phytonutrients - found in apples may fight some types of cancers, help reduce cholesterol damage and promote healthy lungs.



Apple Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons salt
- 1/8 teaspoon ground allspice
- 1 cup milk
- 1/4 cup oil
- 1 egg, beaten
- 1 cup finely chopped apple
- Combine flours, sugar, baking powder, salt and allspice.
- Add milk, oil, egg; stir only until mixed. Fold in apples. Fill 12 greased muffin cups until almost full. Bake at 400 degrees for 30 minutes or until pick comes out of center clean. Muffins freeze well.
- Be sure to label and date them.