

Apples



About Apples

- Over 2,500 different varieties of apples are grown in the United States.
- Apples are naturally fat-free and contain no sodium or cholesterol.
- Apples are a good source of fiber.

Selecting and Storing

- Store apples whole in the crisper drawer of the fridge to keep them fresher longer.
- Keep separate from other fruits and vegetables.

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Bell Peppers



About Bell Peppers

- Compared to green peppers, red peppers are known to have more vitamins and nutrients and contain the antioxidant lycopene.
- Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.
- Whole peppers normally remain fresh for about 1-2 weeks.

Selecting and Storing

- Keep the pepper whole and not sliced for as long as possible in the vegetable bin in the fridge. You can also freeze your peppers. If you do this, you can cut the peppers and place them onto a cookie tray. It is then you can freeze them. When they are mostly frozen, put them in a small container or bag and put them in the freezer until you wish to eat them.

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Apple & Chicken Salad

Makes: 8 servings (1/2 cup)

Ingredients

- 2 red apples
- 2 celery stalks (diced)
- 2 chicken breasts or 2 cans canned chicken (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

Instructions

1. Cut apples in quarters; remove core and chop.
2. In a medium sized bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates and top with apple and chicken salad.

Source: whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-chicken-salad

Nutrition Facts

servings per container	
Serving size	(113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 285mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor; version 11.4

Corn & Pepper Cups

Makes: 10 servings (1/2 pepper)

Ingredients

- 5 green peppers (cut in half, lengthwise)
- 1/2 small onion, chopped
- 1 1/2 garlic cloves, chopped
- 3 cups cooked brown rice
- 1 can diced tomatoes with chilies, undrained (10.5 ounces)
- 1 can whole kernel corn, drained (8.5 ounces)
- 1/2 cup cheddar cheese, shredded

Instructions

1. Remove seeds from peppers. Cook in boiling water 2 to 3 minutes. Drain. Set aside.
2. Cook onion and garlic in oil in medium skillet over medium—high heat for 3 minutes.
3. Combine rice, tomatoes, corn and onion mixture. Mix well.
4. Spoon rice mixture into pepper halves. Place on baking sheets coated with cooking spray.
5. Bake at 350°F for 10 minutes or until hot. Sprinkle with cheese.
6. Bake again at 350°F for 5 minutes until cheese melts.

Source: whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-pepper-cups

Nutrition Facts

servings per container	
Serving size	(184g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 251mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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