



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE

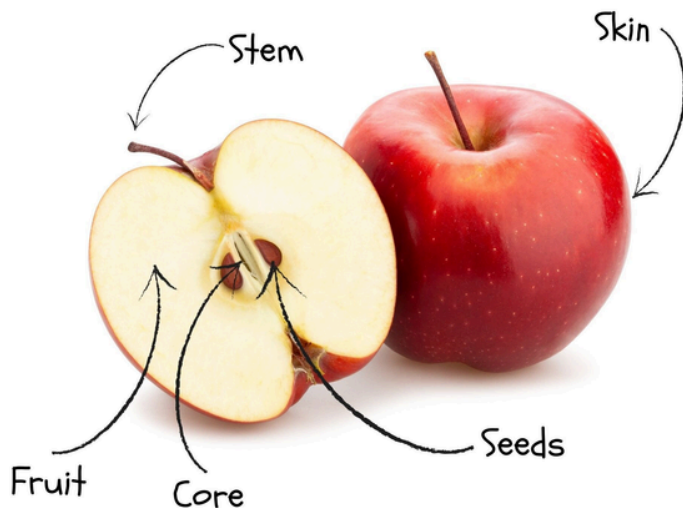
At Home

Apples

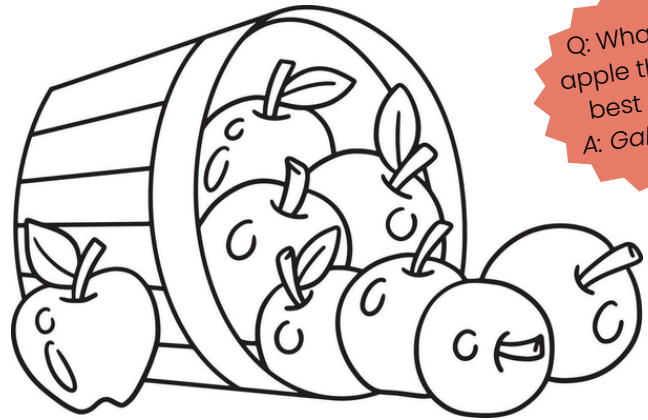
Fun Facts about Apples:

- The average American eat about 65 apples a year.
- There are over 7,500 varieties of apples in the world and about 2,500 varieties are grown in the United States.
- It takes about 10 years from an apple tree grown from a seed to produce an apple.
- How heavy is a bushel of apples? About 42 pounds! That equals about 120 medium-sized apples, which can make about 21 pies, 3 gallons of cider, or 20 quarts of applesauce.
- Ever try bobbing for apples? 25% of an apple's volume is air; that's why they float in water - they are less dense than water.

Parts of an Apple:



The skin covers and protects the apple's flesh and seeds. The flesh is the sweet part of the apple. The stem is what attaches the apple to the apple tree, bringing water and nutrients to the apple. The seeds can be used to grow new apple trees. Apples develop from flowers; the calyx is what is left of the apple blossom.



Q: What kind of apple throws the best parties?
A: Gala apples.

Apple Nutrition:

There are so many reasons to celebrate apples. In addition to their sweet, crispy, and juicy taste, apples are high in many important nutrients.

- Apples are high in fiber, which helps with digestion and lowering cholesterol levels. Keep the crunchy skin on the apples to get the most fiber!
- They also contain antioxidants called flavanols, which help your cells stay healthy!
- Apples contain many cancer-preventing compounds, such as pectin, quercetin, procyanidins, and Vitamin C.

Apples can be eaten in many different forms: fresh, dried, baked, made into applesauce, vinegar, apple cider, and added to different recipes including apple coleslaw, salads, muffins, chicken salad, and more! How many ways do you crunch?!





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Harvest Apple Chicken Salad

A deliciously balanced blend of crisp apples, celery, raisins, chicken breast, and a Greek yogurt-based dressing, served over a bed of lettuce. Serve it with a slice of rustic whole grain bread and glass of milk.

Ingredients

- 2 red apples
- 2 celery stalks (diced)
- 2 cups cooked skinless chicken breasts (about 2 breasts)
- 1/4 cup plain nonfat 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)

Directions

1. Cook chicken by grilling, roasting, or pan frying. Allow chicken to cool, then cut into half-inch cubes. You can cook the chicken ahead and refrigerate it up to three days before serving.
2. Cut apples in quarters, remove core, and cut into half-inch cubes.
3. Add the yogurt, mayonnaise, salt, and pepper to a medium mixing bowl. Stir or whisk until combined.
4. Add the apples, celery, chicken, and raisins to the bowl and gently stir them into the yogurt mixture until they are well-coated.
5. Arrange lettuce on serving plates and top with mixture from bowl to serve.



Apple Browning Science Experiment

Ever wonder why apples turn brown if you don't eat them fast enough after cutting into them? Then this at-home science experiment is for you! Click on this [LINK](#) to learn all about the enzymatic browning reaction and strategies to prevent it by creating an anaerobic environment.