

# FOOD FACTS

## Apples



### NUTRITION

- Apples are an excellent source of fiber and polyphenols
- Good source of vitamin C and potassium
- 1 medium apple is the equivalent of 1.5 cups of fruit and offers 4 grams of fiber, most of which is in the skin
- Contain both soluble and insoluble fiber, with soluble fiber being known for its health benefits partly due to feeding friendly gut bacteria

### PREPARATION & STORAGE

- Whole fruit will last longer than processed, especially tart varieties with thick skins
- Handle with care—they can bruise easily, and a rotting apple will affect the storage life of those around it
- Store whole apples between 30-35F for 6-8 weeks in the refrigerator crisper drawer, or drizzle cut apple with lemon juice and place in the refrigerator in an airtight container

### Baked Cinnamon Raisin Apples

#### Ingredients:

3 cups	apples (Granny smith, Braeburn, or Honeycrisp are great varieties for baking)
1 Tbsp	lemon juice
3 Tbsp	Butter
1 Tbsp	Cinnamon
½ cup	Raisins
¼ cup	Brown Sugar (light or dark, your preference)



#### Directions:

Preheat oven to 350°F. Peel, core, and dice apples. Drizzle apple chunks with lemon juice to keep from browning. Melt butter in a small saucepan over low heat or in the microwave. In a mixing bowl, toss apples with melted butter, cinnamon, raisins and brown sugar. Transfer to a baking dish and bake for about 20 minutes, or until apples are tender but not overcooked.

# FOOD FACTS

## Carrots



### NUTRITION

- Carrots are a root vegetable because they grow underground at the plant base
- Excellent source of Vitamin A, which helps protect eyesight and prevent eye diseases such as macular degeneration
- Available in different colors including orange, red, yellow and purple. Each provides different types and amounts of antioxidants to help protect the body from cancer and other diseases

### PREPARATION & STORAGE

- Store unprepared, raw carrots with the green tops trimmed in perforated plastic bags in the crisper drawer of the fridge and they can keep for 4 to 6 months
- Scrub carrots well with a vegetable brush and water before preparing or eating to remove dirt and bacteria
- Can be served raw, steamed, and as an ingredient in many dishes, but roasting carrots especially helps to bring out their natural sweetness

### Citrus Glazed Carrots

#### Ingredients:

2.5 cups	Carrots (baby, sticks or coins)
¼ cup	Orange Juice
1 Tbsp	Brown Sugar
¼ tsp	Corn Starch
Pinch	Cinnamon and Ginger



*Image courtesy of therecipecritic.com*

#### Directions:

Preheat oven to 350 degrees F and lightly grease a baking sheet with oil. In a bowl, whisk together orange juice, brown sugar, corn starch, cinnamon and ginger. Add carrots and toss to coat evenly. Spread carrots over baking sheet and roast for 30 minutes or until carrots are tender and lightly browned.

# FOOD FACTS

## Chickpeas



### NUTRITION

- Chickpeas are a member of the legume family along with beans and lentils
- Excellent source of plant-based protein and often used to replace meat in recipes such as stews, soups and chilis
- Contain soluble fiber, which can help reduce cholesterol, regulate blood sugar and improve the digestive system

### PREPARATION & STORAGE

- Chickpeas can be purchase dried or canned
- Drain liquid from canned chickpeas using a colander, and rinse well before eating to lower the sodium content
- Store in a glass or plastic container in the refrigerator for 3-4 days after opening

### Roasted Chickpeas

#### Ingredients:

2 cups	Chickpeas
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
¼ tsp	Smoked Paprika



*Image courtesy of thewholesomefork.com*

#### Directions:

Preheat oven to 425 degrees F. Rinse and drain chickpeas well and pat dry. If desired, peel skin from chickpeas. Toss chickpeas in oil, salt and paprika until well coated. Spread evenly on a baking sheet. Roast in preheated oven for 25-35 minutes, shaking the sheet every 10 minutes for even cooking. They may pop during cooking and are finished when brown and crispy. Enjoy as a healthy snack, substitute for meat in a stir fry, or as a topping for salad.

# FOOD FACTS

## Cucumbers



### NUTRITION

- Cucumbers are an excellent snack as they are mostly water, almost 96% water
- Pack a good dose of soluble fiber
- Good source of antioxidants, which prevent the accumulation of harmful free radicals, possibly reducing the risk of chronic disease
- Great vegetable choice for children because studies have shown increased fruit & vegetable consumption in children can improve hydration

### PREPARATION & STORAGE

- Cucumbers can remain fresh in the refrigerator, up to a week, when prepared and packaged properly
- Remove from packaging, thoroughly wash, and cut off any soft areas
- After washing, thoroughly dry and wrap in a clean dish towel or paper towel and put inside a plastic bag (this protects them from ethylene gas produced by fruits nearby)

### Quick Pickles

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#### Ingredients:

½ cup	white vinegar (eyeball it)
1 Tbsp	sugar
1 tsp	mustard seed
1 tsp	salt
1 clove	garlic, cracked
1 tsp	dried dill (or 2 Tbsp fresh dill, chopped or snipped)
1	bay leaf
4	Kirby cucumbers, cut into 1-inch slices on an angle



#### Directions:

Heat small saucepan over medium high heat. Add vinegar, sugar, mustard seed, salt, and garlic to the pan and cook until it begins to simmer and sugar dissolves. Toss the dill, bay leaf, and sliced cucumbers together in a heat-proof bowl. Pour the simmering liquid over the cucumbers and stir to evenly coat. Allow to cool to room temperature or chill before serving.