



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simple Additions for Good Health

"An apple a day keeps the doctor away."

There's truth behind that statement, since apples are loaded with powerful flavonoids, antioxidants, and fiber that protect the body.

The more you include these crunchy sweet fruits within a healthy diet, the less you may need to see the doctor for illness or chronic health problems.

**Don't just snack on apples,
add their sweet crunch to salads and other savory meals.**

Chicken Crunch Salad with Apples

Ingredients:

- 4 (3 oz.) chicken breasts
- 1 pkg. (10 oz.) salad greens
- 3 Tbsps. light balsamic vinaigrette
- 1/2 cup Kalamata olives, chopped
- 1/2 cup pistachios, chopped
- 1/2 cup mozzarella cheese, shredded
- 1 apple, sliced
- 1 cucumber, sliced



Directions:

1. Cook chicken on preheated medium-high grill 3-4 minutes per side, or until golden in color and firm to the touch. Set aside to cool.
2. Toss salad, dressing, olives, pistachios, cheese, apple and cucumber in large mixing bowl. Top with sliced chicken.

Recipe and image courtesy of HealthyFamilyProject.com.

Apple and Pork Cassoulet

Ingredients:

- 4 pork chops
- 1-1/2 cups chicken broth
- 1 cup onion, sliced
- 1-1/2 cups mushrooms, sliced
- 1 cup fresh cherry tomatoes
- 1 can (about 15 oz.) white beans, drained
- 3 medium McIntosh apples, cored and julienned
- 4 Tbsps. coconut oil
- Garlic-salt and cayenne pepper to taste



Directions:

1. In a large frying pan, add pork and chicken broth. Cover and cook over medium heat. Bring to a boil and cook for 20 minutes, or until pork is tender. Add onion, mushroom, and tomatoes. Cook, covered, for 5 more minutes more.
2. Add white beans and apples, then cook 10 minutes more. Add coconut oil, then stir while bringing it to melt.
3. Season with garlic-salt and cayenne pepper, according to taste. Mix evenly and serve.

Recipe (adapted) and image courtesy of MichiganApples.com.