



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

# Dietitian's Dish

## Brain & Body Boosts - with Apples!

Apples contain Boron, which can help increase brain activity, improve mental alertness and memory. These natural superfoods have many health protecting powers! Find delicious ways to include apples in your diet to reap their benefits – like add it to a salad. Depending on the variety, apples can add a deliciously sweet or tart flavor. Their good source of fiber may help you feel full, support gut health, and maintain a healthy weight. As we head into cold & flu season, eating more apples may help boost your immunity.

### Grilled Chicken Apple Salad

#### Ingredients:

##### Chicken Rub

- See direction #1

##### Salad

- 2 large chicken breasts
- 2 cups spring mix lettuce, tightly packed
- 2 apples, chopped
- 1/4 cup chopped walnuts
- 1/4 cup dried cranberries
- 1/4 cup golden raisins
- 1/4 cup feta cheese
- 1/3 cup poppyseed dressing



#### Directions:

1. Prepare Chicken Rub: In a small bowl, add 1/2 tsp each of garlic powder, cumin, coriander, smoked paprika, and sea salt, with a pinch of cracked black pepper, and 1/4 cup of olive oil. Mix until combined.
2. Rub mixture on both sides of chicken and grill each side for 5-6 minutes over medium-high heat or until chicken is thoroughly cooked.
3. Toss salad ingredients together while chicken rests.
4. Serve salad with a half a chicken breast and drizzle with dressing.

Recipe (edited) by ApplesfromNY.com and image by chandlervid85 on Freepik.

### Butternut Squash and Apple Salad

#### Ingredients:

##### Salad

- 2 cups butternut squash, cubed
- 2 cups New York apples, cubed
- 2 cups chopped kale
- 1/3 cup olive oil
- 1/4 cup salted pumpkin seeds
- 1/4 cup pomegranate arils
- Salt and pepper to taste

##### Dressing

- 1/2 cup apple cider vinegar
- 1/3 cup olive oil
- 1/4 cup packed brown sugar
- 2 tsps. fresh grated ginger



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#### Directions:

1. Preheat oven to 375°F. In a medium bowl, drizzle butternut squash with olive oil, salt, and pepper and toss to coat. Spread evenly in a baking dish and bake until soft and beginning to brown, about 25-30 minutes.
2. While squash cooks, prepare dressing by whisking ingredients together until combined. Set aside.
3. Place kale in a large bowl and massage with your fingers until it becomes tender, about five minutes. Add chopped apples, cooked butternut squash, pumpkin seeds, and pomegranate arils. Drizzle with dressing and toss to combine. Serve immediately.