



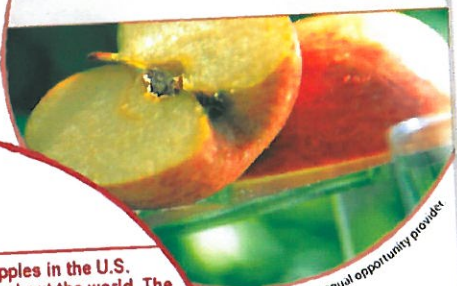
HEALTHY to a "T"

November 2018

Harvest of the Month

Apple

Calories 95
 Total Fat 0g
 Sodium 2mg
 Sugars 19g



FUN FACTS:

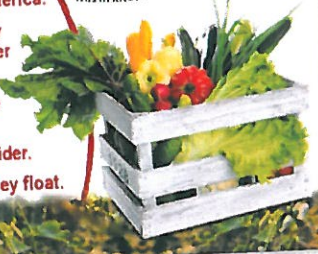
There are 2,500 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is the only apple native to North America.

Apples range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds!

Many of the valuable nutrients in an apple are in the peel or just under the peel.

It takes 36 apples to make a gallon of apple cider.

25% of an apple's volume is air; that's why they float.



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My Mood and Food...is there a Link?

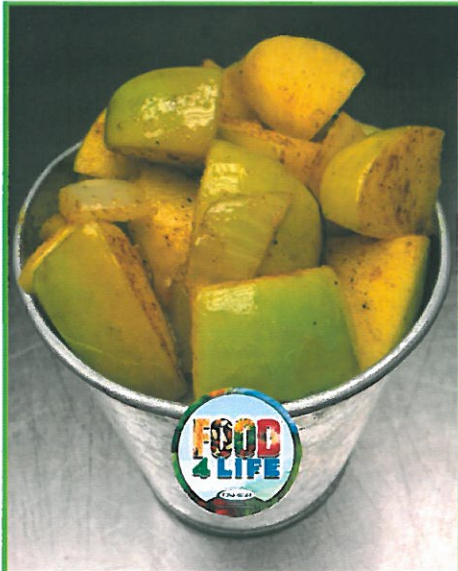
Everyone knows food is fuel, but what about how food affects mental health and mood? Extensive scientific research has overwhelmingly found that consuming wholesome food may improve your mental and physical health.

- **What are the mental benefits?**
 - Improve brain function
 - Boost your mood
 - Ward off depression
 - Relieve stress
 - Safeguard you from Alzheimer's disease
 - Decreases anxiety
- **Which foods should I eat more of?**
 - Fruits
 - Vegetables
 - Fish and seafood
 - Lean meats
 - Nuts
 - Low-fat yogurt
 - Whole grains
 - Legumes & beans
- **Are there foods I should limit?**
 - Processed foods
 - Sugary desserts and beverages
 - Candy
 - Refined grains
 - Fried foods
 - High-fat dairy
 - Deli meat
 - Artificial sweeteners

Eating wholesome, nutritious food is all about making some simple but profound changes in the way you eat today, tomorrow and for the rest of your life.

Melanie Wirth, RDN, LD, MBA
Corporate Dietitian, Taher, Inc.

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HARVEST OF THE MONTH RECIPE—NOVEMBER

Green Apple Curry

Yield: 4 servings

- 3 Tbs vegetable oil
- 2 large garlic cloves, smashed and roughly chopped
- ¼ c chopped yellow onion
- 2 Tbs curry powder
- 2 Tbs water
- 1 tsp butter
- 4 Granny Smith Apples, cored, large dice (peel on)
- 1 tsp Kosher salt

NUTRITION SNAPSHOT ~ 1 serving
 140 calories, 2g total fat, 1g protein,
 530mg sodium, 31g carbohydrate

1. Heat oil in a large sauté pan on medium heat. Add garlic and let cook until the garlic starts to get browned. Use a slotted spoon to remove the garlic from the oil. Discard.
2. Add chopped onions to the heated sauté pan and sauté until translucent (about 4 minutes).
3. While the onions are cooking, add curry powder to the onions in the pan, then add the water and stir. Let it bubble for about a minute.
4. Stir in the butter.
5. Add large diced apples and salt to pan.
6. Stir all ingredients and let simmer for about 10 minutes. Let sit for another 10 minutes.

