



HEALTHY to a "T"

SEPTEMBER 2022

Harvest of the Month

Local Apple



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 was recorded weighing 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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Your Food Journey... what was, what is and what will be

Each person's food journey is going to be a little bit different—some will try anything from an early age, while others will be hesitant all the way up through adulthood.

You can influence the way your family approaches meals and, in turn, their Food Journey. At Taher, we continually develop creative ways to encourage new tastes and textures that will introduce people to new nutritional opportunities.



For our customers, the Taher Menu focuses on diversity, sustainability, adventurous palates, love of culinary self-expression, and a desire for functional food.

The Food Journey campaign can go in many directions and be relevant to everyone on some level. This campaign, Your Food Journey...what was, what is and what will be, is aligned with the way individuals feel about the climate and how the food they are eating is produced and harvested. This forward-thinking campaign will be on display in your local Taher Café throughout the year, so keep an eye out!

Julianna Corderman, RDN, LD, Corporate Dietitian, Taher, Inc.

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HARVEST OF THE MONTH RECIPE—SEPTEMBER ~ featuring Apples ~

Apple Cheddar and Bacon Quesadillas

Yield: 1 serving

- 2 6" flour tortillas
- 1 c shredded cheddar cheese
- ½ medium apple, thinly sliced
- 2 strips bacon, chopped, cooked, drained
- salt, to taste
- pepper, to taste

1. Heat a large sauté pan over medium heat. Spray lightly with non-stick spray.
2. Create your tortilla: start with 1 flour tortilla, add cheddar cheese, apple slices and bacon. Top with salt and pepper to taste. Add one more tortilla on top.
3. Heat for 3-4 minutes a side, flipping once, until tortillas are golden brown and cheese has melted completely.
4. Move to a cutting board, allow to cool for a minute, then cut into triangles.

NUTRITION SNAPSHOT ~ 1 serving:

585 calories, 35g total fat, 21g saturated fat
100mg cholesterol, 31g protein, 41g carbohydrates
1165mg sodium, 4g dietary fiber

Enjoy!

