



Market
Basket
of the month

October Recipes



One-Dish Roasted Potatoes & Apples with Chicken Sausage

Makes 4 servings

Ingredients

- 3 red potatoes or your favorite potato variety (about 1 pound)
- 1 Tablespoon canola oil
- 2 red apples (choose Fuji, Pink Lady, Honeycrisp, Gala, etc.)
- 1 yellow onion
- 4 chicken herb link sausages (12oz.)
- 2 Tablespoons cider vinegar
- 1/2 teaspoon ground mustard
- 1 Tablespoon honey

Directions

1. Preheat oven to 425 °F.
2. Cut potatoes into chunks, place in 2-quart baking dish.
3. Drizzle with canola oil. Toss to coat.
4. Roast potatoes in oven for about 20 minutes.
5. While potatoes are roasting, cut apples and onions into chunks, and sausage into 1/2-inch slices.
6. Remove baking dish from oven and reduce heat to 375 °F. Add all remaining ingredients to baking dish and toss.
7. Return baking dish to oven and roast 30 more minutes or until apples and potatoes are tender.

For nutrition information, please look for recipe at: USDA MyPlate Kitchen.

Apple Tuna Salad Sandwich

Makes 4 servings

Ingredients

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 can 12-oz chunk light tuna (drained)
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 1/2 cup raisins (or chopped figs)
- 1/4 cup chopped walnuts
- 1/8 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)
- 1/2 teaspoon curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

Directions

1. Cut apple in quarters; remove core and chop.
2. In a medium-sized bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

For nutrition information, please look for recipe at: USDA MyPlate Kitchen.

Produce Tip: Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last at least three months.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative. To view monthly family newsletters and recipe pages, go to www.wellspan.org/marketbasket.

