



Market Basket of the month

December

The Market Basket of the Month featured vegetable is **POTATOES**



Simple Serving Tip

Baked Potato and Cheesy Veggies:

Microwave baking (Russet) potatoes for about 15-17 minutes. Then microwave mixed frozen vegetables for 3-5 minutes. Split potatoes in half. Top each potato half with about ½ cup cooked vegetables and 2 tablespoons shredded cheese.

Herbed Potatoes: Be creative - toss steamed or boiled baby potatoes with a small amount of butter and your choice of fresh herbs: parsley, chives, dill, thyme, basil, or cilantro.

Just the Facts

- Today potatoes are grown in all 50 states of the USA and in about 125 countries throughout the world.
- The average American eats about 124 pounds of potatoes per year while Germans eat about twice as much.

Potato, Corn & Cheese Chowder

Makes 6 servings - 1 cup each

Ingredients

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper (or to taste)
- 1 (15-ounce) can cream style corn
- 1½ cups nonfat milk*
- ½ cup shredded cheddar cheese

Directions:

1. Combine potatoes, carrots, celery, onion, and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn, salt, and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

*Can substitute 4½ Tablespoons of nonfat dry milk powder, mixed with 1½ cups of water, for the nonfat milk.

Nutrition Facts per 1 C serving: Calories: 160; Total fat: 3.5g; Cholesterol: 10mg; Sodium: 530mg; Total Carbohydrate: 27g; Protein: 7g.

Source: Montana State University Extension

Healthy Eating Tips

Make it easy for the family to grab a healthy snack by stocking the cupboard or fridge with these items: fruit, vegetables, whole wheat crackers, plain or dry roasted nuts, low-fat yogurt, and cheese.

Nutrition Facts

Serving Size: 1 cup potato, cooked (78g)

Amount per Serving

Calories 68 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 6%

Sugars 1g

Protein 1g

Vitamin A 0% Calcium 0%

Vitamin C 17% Iron 1%

Source: www.nutritiondata.com

Let's Move!

Combo Curls: Using a can of soup, water bottle or hand weight, do single arm biceps curl into an overhead press and back down. Do 3 sets of 10-12 repetitions and repeat with other arm.

Shoulder Shrugs: Holding a can of soup, water bottle or hand weight, shrug your shoulders 10 times for a "set." Repeat for 2 more sets.

Bent Knee Hip Raises: Lie on your back with knees bent and hands out to the side. Pull your knees to chest and raise hips. Do 3 sets of 10-12 repetitions.

Produce Tips

- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.

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