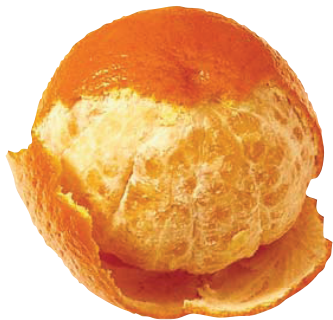




Market Basket of the month

The Market Basket of the Month featured fruit is

ORANGES



Simple Serving Tips

Breakfast Parfait: Peel 1 orange and separate into segments. Layer ½ cup of your choice of low-fat yogurt, half the orange segments, and 1 tbsp. low-fat granola in a glass or bowl. Repeat layers and sprinkle top with a little cinnamon.

Asian Wrap: Place 3 oz. rotisserie chicken, red bell pepper strips, orange segments, and mixed greens on a whole grain wrap. Drizzle with 1/2 tbsp. Asian style salad dressing. Wrap and enjoy.

Fruit Cup: Toss peeled segments from 1 orange with ¼ cup of diced watermelon and ¼ cup diced honeydew or cantaloupe. Variation: Toss with 1 Tbsp. fresh mint and 2 oz. crumbled feta cheese.

Visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers Market
- Leg Up Farmers Market
- Penn Market

February

Orange Cow

Makes servings

Ingredients:

- 2 cups orange juice from concentrate
- 1 cup water
- 1 cup non-fat milk
- 1/2 tsp vanilla
- 1 cup ice
- add to preference

1. Place all ingredients into a blender.
2. Make sure lid is tight and blend until smooth.

Note: Substitute 1 cup milk and 1 cup water for 2 cups water and ½ cup nonfat dry milk.

Resource: ChooseMyPlate.gov/recipes
 Nutrition Facts: 1 serving = 332 calories; 0g fat; 1 mg cholesterol; 57mg sodium; 2g dietary fiber; 75g total sugars; 0g added sugars and 7g protein

Just the Facts

Orange trees can grow to reach 30 feet and are evergreen which means they keep their leaves year-round. All oranges sold in the store are ripe. Sometimes after turning orange, the skin will re-green but this does not change the flavor. The Florida oranges tend to have more green on the skin than California oranges. The warm night climate in Florida causes the chlorophyll pigments to migrate into the orange peel giving it a green color.

Nutrition Facts

Serving Size	1 medium orange	(154g)
Amount per Serving		
Calories	75	Calories from Fat 0
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	19g	6%
Dietary Fiber	3g	14%
Sugars	13g	
Protein 1g		
Vitamin A	8%	Calcium 7%
Vitamin C	152%	Iron 1%
Source: www.nutritiondata.com		

Produce Tips

Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.

The bigger the navel in an orange, the sweeter it will be.

Rinse oranges with cold water before peeling.

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