



Market Basket of the month

The Market Basket of the Month featured vegetable is

BEANS



Produce Tips

Beans are available dry, frozen, or canned and include: garbanzo (chickpeas), blackeye peas, lentils, navy, lima, pinto, kidney, northern, and black beans.

- Store dry beans in an airtight container in a cool, dry, and dark place.
- Look for low-salt frozen or canned beans.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, quesadillas, and salads.

Simple Serving Tips

Pinto Bean Dip: Mash 1 can (15 oz, rinsed and drained) or 2 C. cooked dried pinto beans. Add 1 tsp. chili powder and 2 T. diced onion. Top with shredded cheddar cheese and serve with veggies or tortilla chips.

Mac & Cheese with Cannellini Beans: Gently fold cooked dry or canned cannellini beans into your favorite macaroni and cheese recipe before baking.

April

Fiesta Casserole

Makes: 6 servings

Ingredients

- 2 C. cooked drained pinto beans or 1 can (15.5 ounce)
- ½ lb. lean ground beef
- ½ C. chopped onion
- 1 tsp. salt
- 1 can (28-ounce) tomatoes, undrained, cut up
- 1 can (4-ounce) green chilies, cut up
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 tsp. chili powder
- ½ tsp. cumin (optional)
- ½ tsp. oregano
- 1 can (8-ounce) tomato sauce
- 6 corn tortillas (6-inch size)
- 2 cups shredded reduced-fat cheese

Directions

1. Brown ground beef and onions; drain off fat. Add salt, pepper and cooked beans.
2. In a medium saucepan, combine tomatoes, chilies, garlic, cumin, chili powder, oregano and tomato sauce. Bring to a boil; lower heat, cover and simmer for 10 minutes.
3. Spread a thin layer of sauce on the bottom of a 6×10-inch baking pan. Top with 3 tortillas, overlapping as necessary.
4. Spread half of bean/beef mixture over tortillas. Pour sauce over to cover. Sprinkle with half the cheese.
5. Repeat layers with remaining ingredients, ending with a layer of cheese.
6. Bake 30 minutes at 350°. Cut into 6 rectangles. Top with low-fat sour cream, plain yogurt or salsa, if desired.

Nutrition Facts per Serving: 336 Calories; 12g Total fat; 36g Total carbohydrates; 7g Fiber; 23g Protein
Source: The Bean Institute

Reasons to Eat Beans

- A ½ cup of cooked beans is an excellent source of fiber and folate; and a good source of iron, and potassium.
- Beans are a low-cost, low-fat source of protein that helps make bones, muscles, hair, and skin grow.
- Beans are also an important high-fiber vegetable choice. The amount needed for good health varies from ½ - 2 C. per week, depending on age and gender.

Let's Move!

Marching: March in place, either standing or while sitting in a chair. Try to go as fast as you can. Then try marching while lifting your knees as high as you can.

Arm Circles: With arms stretched out to the side, make 15 small circular motions going forward, then 15 backwards. Next, make big circular motions, again going forward and backwards 15 times in each direction.

Tip Toe Walking: Standing on your tip toes, walk from one side of the room and back without touching your heels to the ground. Keep your arms stretched out to the side to help you balance.

Just the Facts

- Beans have been grown by humans for 6,000 years.
- Beans are one of the lowest-cost per serving protein foods. If a family of four substitutes dry pinto beans for lean ground beef two days a week for a year, they could save nearly \$450!

Healthy Eating Tips

- Serve the same meal to adults and kids, so they see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.
- When kids are asked to help with meal planning and prep, they tend to be more excited about trying new things.

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.

