



Market Basket of the month

May

The Market Basket of the Month featured vegetable is

SALAD GREENS



Produce Tips

- Dark green leaves have more vitamins. Choose lettuce heads that are firm.
- To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.
- Bok choy, kale and spinach have a slightly bitter taste when eaten raw. Try their "baby" versions for a soft leaf with a mild taste.
- Choose arugula to add a peppery taste to your meal.

Let's Move!

This summer join the Get Outdoors (GO) program! GO is a summer-long physical activity initiative, conducted in partnership with county libraries, that encourages children and families to visit parks and trails. Visit your county's GO website for more information.

- Adams – www.goadams.org
- Cumberland - www.gocumberland.org
- Franklin – www.gofranklin.org
- Lancaster – www.golancaster.org
- Lebanon – www.golebcounty.org
- York – www.goyork.org

Reminder: Be sure to eat plenty of dark green vegetables each week.

Visit www.choosemyplate.gov for tips to help you eat vegetables.

Market Basket of the Month is a WellSpan Community Health & Engagement Initiative.

To view monthly newsletters, go to: Wellspan.org/marketbasket.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Amount per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 106% **Calcium 2%**

Vitamin C 22% **Iron 4%**

Source: www.nutritiondata.com

Crustless Spinach Pie

Makes: 8 servings

Ingredients:

- 2 T. butter
- 3 eggs
- 1 C. flour
- 1 C. fat-free (skim) milk
- 1 tsp. garlic powder
- 1 tsp. baking powder
- 1 ½ C. low-fat cheese, shredded
- 4 C. chopped, fresh spinach (or other greens, such as bok choy, kale, or Swiss chard)

Directions:

1. Preheat oven to 350°F.
2. Melt butter in a 9 x 13-inch pan and spread on bottom and sides of pan.
3. Beat eggs well, add flour, milk, garlic powder and baking powder. Add to the 9 x 13-inch pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes until the edges are brown and firm all over.

Nutrition Facts per serving: 160 Calories; 6g Fat; 80mg Cholesterol; 330 mg Sodium; 15g total Carbohydrates; 11g Protein.

Source: The University of Maine – Cooperative Extension: Food & Health

Video: <https://youtu.be/8nleWp6dFRE>

Just the Facts

- Lettuce plants can develop a 3-foot-tall stalk with yellow flowers at the top.
- To harvest a healthy crop of leaves, it's best to grow lettuces in a cooler climate, so the flowers won't form.
- The average American eats 1.5 pounds of spinach a year.

Simple Serving Tips

Strawberry Salad: Chop romaine lettuce into bite size pieces. Top with sliced strawberries, sliced red onions and slivered almonds. Drizzle with poppy seed dressing.

Beans & Greens: Heat a can of drained cannellini beans and 1 can undrained diced tomatoes in a pan. Add leafy greens like spinach or arugula and stir until leaves are soft. Season with garlic powder, oregano and/or Italian seasoning.

Greens with Pasta: Cook 8 oz. of your favorite pasta in boiling water according to package directions. When the pasta is nearly done, add 4-6 oz. of spinach to the water and cook until it wilts (less than 1 minute). Drain and toss with olive oil or your favorite pasta sauce.

Healthy Eating Habits

- Make fruit and veggie snacks easy to find – a fruit basket on the counter, cut up veggies in the fridge.
- Add veggies to your favorite recipes. For instance, try mashed potatoes and cauliflower or shredded zucchini in pasta sauce.
- Enjoy fruit as a topping on cereal, oatmeal, yogurt, pudding and ice cream.

