



# Market Basket of the month

The Market Basket of the Month featured vegetable is

## CARROTS



### Simple Serving Tips

**Carrot Fries:** Peel and slice 1 lb. carrots into French fry size strips. Drizzle 2 tsp. olive oil over the carrots; add a little dash of salt and pepper to taste. Arrange carrots on a baking sheet in a single layer. Bake at 425 degrees for 10 minutes; turn each carrot over; bake 10 more minutes.

**Mashed Carrots:** Cook carrots until they're soft when stuck with a fork. Drain, then mash them and add a small amount of butter or margarine. For a sweeter version, add brown sugar and cinnamon to taste.

### Produce Tips

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- Avoid carrots that are wrinkled or soft.

## November

### Tuna Veggie Melt

#### Ingredients

Makes: 6 muffin halves

- 1 can (5 ounces) tuna in water, drained
- ¼ cup chopped celery (about 1 stalk)
- 1 green onion, sliced
- ½ cup grated carrot
- 1 Tablespoon mayonnaise
- ¼ teaspoon pepper
- 3 whole-wheat English muffins
- ½ cup (2 ounces) grated cheddar cheese

#### Directions

1. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and grated cheese.
3. Broil until cheese melts, about 3 minutes
4. Refrigerate leftovers within 2 hours

#### Notes:

No tuna? Use canned or cooked salmon or mackerel

Source: [www.foodhero.org](http://www.foodhero.org)

### Healthy Eating Tip:

Make good nutrition easy. Designate a shelf or a drawer in your fridge for your kids. Stock it with cut up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.

### Nutrition Facts

**Serving Size** 1 cup, chopped  
(128g)

Amount per Serving

**Calories 52** Calories from Fat 0  
% Daily Value

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 88mg** 4%

**Total Carbohydrate 12g** 4%

Dietary Fiber 4g 14%

Sugars 6g

**Protein 1g**

**Vitamin A 430%** **Calcium 4%**

**Vitamin C 13%** **Iron 2%**

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Move!

Plan for fun, active games with friends and family!

- Turn on the radio and dance.
- Play your favorite backyard games.
- Bundle up and go for a hike at a park.
- Go bowling or roller skating.
- Don't just sit and talk - talk and walk!

### Just the Facts

- There is as much calcium in 9 carrots as there is in an 8oz. glass of milk.
- People first grew carrots as medicine for a variety of health issues – not for food.
- The average person will eat 10,866 carrots in their lifetime.

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

To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

