



Market  
Basket  
of the month

# November Recipe



## 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)

## Sunshine Carrots

Serves: 8

### Ingredients:

5-6 carrots, washed, peeled and sliced (or 1 bag baby carrots)

½ cup orange or apple juice (or broth)

¼ teaspoon seasoning (cinnamon or rosemary)

### Directions:

1. Add all ingredients to a saucepan.
2. Cover and cook over medium heat.
3. Stir occasionally and cook until tender, about 15 minutes.

Source: University of Maryland Extension ([umd.edu](http://umd.edu))

## 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.

## 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 wholewheat mini bagels and crackers.

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