



Market Basket of the month

December

The Market Basket of the Month featured vegetable is **POTATOES**



Simple Serving Tip

Smashed Potatoes and Cauliflower:

Place 1 lb. cubed red potatoes and 1 cup cauliflower flowerets in pot, cover with water and bring to a boil. Cover and simmer until tender – 10-15 minutes. Drain: mash with about ½ C. shredded reduced fat cheese and ¼ cup low-fat sour cream. Add salt and pepper to taste.

Hummus Topping: Cook a russet potato in the oven, microwave, or air fryer. Slit the potato lengthwise and top with your favorite hummus for added fiber, protein, and flavor!

Just the Facts

- Potatoes are one of the few crops grown in all 5 states.
- The Irish call potatoes "spuds." The name comes from the "spudder" - a type of shovel used to dig up potato hills.
- The word potato comes from the Spanish word patata.

Hearty Mashed Potatoes

Makes 6 servings:
1 cup serving size | 200 calories

Ingredients:

- 2 pounds potatoes (baking, peeled and cut in chunks)
- 1 15-ounce can garbanzo beans (drained)
- ¾ cup nonfat milk or fortified soy milk
- ¼ cup Parmesan cheese (grated)
- ½ teaspoon garlic powder
- black pepper (to taste)

Directions:

1. Place peeled and cut potatoes in a large saucepan and cover them with water. Bring the saucepan to a boil over high heat, then reduce to a simmer.
2. After 10 minutes, add the garbanzo beans to the saucepan. Continue cooking until potatoes are fork tender (5-10 more minutes).
3. Drain water and place the saucepan back on the stove.
4. Add the milk, cheese, and seasonings. Then mash the beans and potatoes with a potato masher or hand beaters.
5. Reheat if necessary. Serve hot.

Source: Purdue University Extension

Healthy Eating Tips

Plan healthy meals before the week starts. Include leftovers or quick and easy meals like soup or sandwiches and salad on nights that are extra busy.

Nutrition Facts

Serving Size: 1 cup potato, cooked (78g)

Amount per Serving

Calories 68 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 6%

Sugars 1g

Protein 1g

Vitamin A 0% Calcium 0%

Vitamin C 17% Iron 1%

Source: www.nutritiondata.com

Let's Move!

Musical Freeze: Have someone play the music, turning it on and off. When it's on, you dance and move. When it's shut off, you must quickly try to freeze.

I Spy: Take turns saying, "I spy _____" and then together run to the object.

Clap & Catch: Throw a soft object up into the air. See how many times you can clap before you catch it.

Produce Tips

- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.

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.