

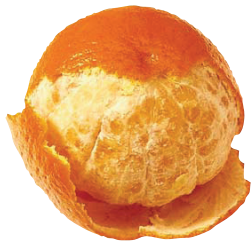


Market Basket of the month

February

The Market Basket of the Month featured fruit is

ORANGES



Simple Serving Tips

Orange-Pineapple Smoothie Bowl:

Peel 2 oranges and separate them into segments, laying segments flat on a parchment lined pan. Place pan in freezer for at least 2 hours. Combine frozen oranges, 2 C. frozen pineapple chunks and ¼ C. vanilla Greek Yogurt in a blender. Blend until smooth. Place the thick mixture into 2 bowls and enjoy plain or add your choice of toppings: sliced fruit, nuts, and/or granola.

Spinach-Orange Salad: Top baby spinach with bite-size pieces of peeled oranges and sliced almonds. Top with a low-fat poppy seed dressing.

Just the Facts

- There are over 600 varieties of oranges. The most common are the navel orange, blood orange, tangerine, mandarin, and clementine.
- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.
- Citrus fruit will never rot before it is picked from the tree.
- More than 75% of oranges grown are used for orange juice.

Roasted Sweet Potatoes With Navel Orange

Makes 4-6 servings

Ingredients:

- 2 lbs. sweet potatoes
- Zest of 1 navel orange
- Juice of 1 navel orange
- 1 tablespoon olive oil
- 1 teaspoon chopped fresh thyme
- ½ teaspoon ground cinnamon
- ¾ teaspoon sea salt, divided
- ⅛ teaspoon ground black pepper

Directions:

1. Heat the oven to 425 degrees F. Lightly grease a large, rimmed baking sheet with olive oil.
2. Trim the ends off of the sweet potatoes and cut each potato into cubes or chunks that are similar in size to ensure even baking.
3. Place the potatoes in a large bowl. Add the orange zest, orange juice, olive oil, thyme, cinnamon, ½ teaspoon of the salt and the black pepper. Stir to coat the potatoes well.
4. Using a slotted spoon, transfer the potatoes to the baking sheet, leaving behind and discarding any excess juice. Spread the potatoes in a single layer.
5. Bake for 15 minutes. Stir the potatoes. Bake for an additional 10 to 15 minutes, until the potatoes are browned and reach your desired tenderness.
6. Sprinkle with the remaining salt to taste. Serve warm.

Source: fruitandveggies.org

Nutrition Facts

Serving Size 1 medium orange
(154g)

Amount per Serving

Calories 75 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 14%

Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com

Let's Move

Tricep Dips: Place your hands behind you on a ledge, such as a table, chair, or couch. With legs stretched out in front of you, bend your elbows, lowering your body toward the ground. Straighten your arms to return to starting position. Do as many repetitions as you can.

Single-leg balance touch and jump: Standing on one foot, touch down to the ground and jump up. Land on the same foot without losing balance and repeat 15 times. Repeat on the other leg.

Hula Hooping: Do 10 minutes of hula hooping... it's great for your core muscles

Produce Tips

- Choose oranges that are firm and heavy for their size.
- The bigger the navel in an orange, the sweeter it will be.
- Rinse oranges with cold water before peeling.

Healthy Eating Tips

Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.

Market Basket of the Month is a WellSpan Community Health and Engagement initiative. To view a listing of monthly family newsletters, go to: wellspan.org/marketbasket.

