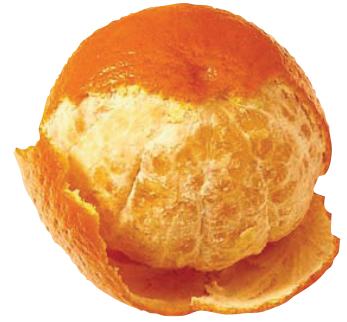




Market Basket of the month

February Recipes



Citrus Coleslaw

(Makes 4 servings, 1 C.)

Ingredients:

- 3 cups green cabbage, shredded
- ¼ cup celery, chopped
- ¼ cup carrots, shredded
- 1 medium orange, peeled and membranes removed, chopped
- ¼ cup green pepper, chopped
- ¼ cup low-fat mayonnaise
- ½ Tablespoon vinegar
- 2 teaspoons sugar
- ½ teaspoon celery seed (optional)

Directions:

1. Wash hands with soap and water.
2. Gently rub produce under cold running water before preparing ingredients.
3. Combine all vegetables and fruit in a medium bowl. Set aside.
4. Whisk together mayonnaise, vinegar, sugar, and (optional) celery seed in a small bowl. Pour over cabbage mixture and toss to coat.
5. Chill until ready to serve.

Source: Illinois Extension

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.

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: fruitsandveggies.org

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

