



Market Basket of the month

The Market Basket of the Month featured vegetable is

BEANS



Simple Serving Tips

Cheesy Bean Tostada: Spread 2 Tbsp. of fat-free, low sodium refried beans on corn tortilla. Sprinkle 1 Tbsp. of shredded cheddar cheese evenly over the beans. Bake at 400 degrees on a baking sheet for 7 minutes or until cheese is melted.

Black Bean and Fruit Salsa: Combine ½ c. mango, peeled and cubed, 1 c. papaya, peeled and diced, ½ c. pineapple, diced, ½ c. black beans, canned, drained and rinsed, 1 Tbsp. cilantro, minced, 1 Tbsp. lime juice (fresh-squeezed for best flavor), 1 Tbsp. extra-virgin olive oil, 1 tsp. cumin, ¼ tsp. black pepper, and 1 glove garlic, minced, in a large bowl; toss gently to coat.

Produce Tips

Dried beans need to be rehydrated, and this is accomplished equally well by either overnight soaking (12 to 24 hours) in cold water or simmering in hot water (3 to 4 hours).

Look for low-salt frozen or canned beans.

April

Turkey and Bean Chili

Makes: 8 servings

Ingredients

- 1 Tbsp. olive oil
- 1 yellow or white onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, chopped
- ½ lb. ground turkey
- 2 Tbsp. tomato paste
- 1 tsp. ground cumin
- 2 tsp. chili powder
- 1 (28-oz.) can diced tomatoes
- 2 (15-oz.) cans beans (kidney, small red, pink), drained and rinsed
- ½ c. water
- ¼ c. reduced-fat sour cream
- 1¼ tsp. salt
- ¼ tsp. pepper
- Cilantro sprigs, for serving

Directions

- Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender.
- Add turkey and cook, breaking up with a spoon, until no longer pink.
- Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute.
- Add tomatoes (with liquid), beans, water, 1¼ tsp. salt and ¼ tsp. pepper. Bring to a boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, 12 to 15 minutes.
- Serve with sour cream and cilantro.

Source: www.ndsu.edu

Reasons to Eat Beans

- A ½ cup of cooked beans is an excellent source of fiber and folate; and a good source of iron, and potassium.
- Beans are a low-cost, low-fat source of protein that helps make bones, muscles, hair, and skin grow.
- Beans are also an important high-fiber vegetable choice. The amount needed for good health varies from ½ - 2 C. per week, depending on age and gender.

Let's Move!

Sing and Dance While You Clean: Set aside time for household chores and do them together as a family. Play music as you clean and take turns choosing favorite songs. Younger children love to help and can pick up toys or sweep floors while dancing with the broom. Older kids can dust, vacuum, and help make beds.

Bicycles: Lie on your back and move your legs like you're riding a bicycle. Be sure to keep your lower back flat on the ground.

Just the Facts

- Beans can be made into burgers, cakes, drinks, pies, fudge, muffins, jewelry, furniture (bean-bag chairs?), toys, and musical instruments.
- Beans are seeds that people often eat. They are an excellent source of protein. Beans are used in many dishes, including soups and chili.

Healthy Eating Tips

- Include a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.

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.

