



# Market Basket of the month

## April Recipes



### 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:

1. Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, just until vegetables are tender.
2. Add turkey and cook, breaking up with a spoon, until no longer pink.
3. Stir in tomato paste, cumin and chili pepper. Cook and stir for one minute.
4. 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.
5. Serve with sour cream and cilantro.

Source: [www.ndsu.edu](http://www.ndsu.edu)

#### 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.

### Chicken and Black Bean Salsa Burritos

(Makes 4 burritos)

#### Ingredients:

- 1 can (15 ounces) black beans, drained and rinsed
- 2 green onions, chopped
- 1 Tablespoon lemon juice
- ¼ teaspoon ground cumin
- ½ teaspoon salt, divided
- 4 boneless, skinless chicken breasts
- ¼ teaspoon chili powder
- ¼ teaspoon pepper
- 1 cup shredded cheese (try cheddar, pepper jack, or Mexican blend)
- 4 (9 inch) flour tortillas

#### Directions:

1. Preheat oven to 350° F.
2. In a small bowl, combine the beans, green onions, lemon juice, cumin, and ¼ teaspoon salt.
3. Rub the chicken breasts with the chili powder, pepper, and the remaining ¼ teaspoon salt.
4. Cook the chicken in a skillet over medium-high heat (350° F in an electric skillet) for 5 to 7 minutes. Turn it over and cook until the internal temperature of the thickest part reaches 165° F using a food thermometer, about 5 to 7 minutes longer.
5. Let chicken cool, slice into strips or chunks.
6. Divide cheese evenly between tortillas. Top the cheese with equal amounts of chicken and black bean salsa mixture.
7. Roll up the burritos and wrap each one in foil.
8. Bake burritos until the cheese melts, about 15 minutes.
9. Refrigerate leftovers within 2 hours.

#### Notes:

- Freeze extra lemon juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans.
- Try adding cilantro on top for more flavor.

Source: [FoodHero.org](http://FoodHero.org)

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

