



Market Basket

Basket

of the month

May

The Market Basket of the Month featured vegetable is

SALAD GREENS



Produce Tips

- Dark green leaves have more vitamins. Choose lettuce heads that are firm.
- To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.
- Bok choy, kale and spinach have a slightly bitter taste when eaten raw. Try their "baby" versions for a soft leaf with a mild taste.
- Choose arugula to add a peppery taste to your meal.

Let's Move!

This summer join the Get Outdoors (GO) program! GO is a summer-long physical activity initiative, conducted in partnership with county libraries, that encourages children and families to visit parks and trails. Visit your county's GO website for more information.

- Adams – www.goadams.org
- Cumberland - www.gocumberland.org
- Franklin – www.gofranklin.org
- Lancaster – www.golancaster.org
- Lebanon – www.golebcounty.org
- York – www.goyork.org

Black Bean and Spinach Quesadillas

Makes: 4 servings

Ingredients:

- 4 corn tortillas
- Non-stick cooking spray
- ¾ C. reduced fat, shredded cheddar cheese
- ½ C. canned, low sodium black beans rinsed and drained
- ½ C. onion chopped
- ½ C. fresh spinach chopped

Directions:

1. Coat a large nonstick skillet with nonstick cooking spray and turn heat on medium-high heat.
2. Place one tortilla in skillet and sprinkle with about half the cheese, black beans, onions, and spinach.
3. Heat for one to two minutes
4. Top with another tortilla and flip quesadilla.
5. Heat for an additional one to two minutes.
6. Remove quesadilla from skillet and cut into four triangles
7. Repeat layering process with remaining tortillas to make more quesadillas.

Nutrition facts (1/2 quesadilla): 150 calories; 4.5g fat; 10.g cholesterol; 200mg sodium; 18g carbohydrate; 9g protein

Source: DinnerTonight.tamu.edu

Just the Facts

- Cabbage is an ancient green that dates back to the 1600's.
- Ancient Romans and Greeks believed that eating lettuce helped you fall asleep. Arugula is also known as salad rocket and garden rocket because it grows "rocket-fast!"
- Baby kale has 10% of your daily need for Calcium, so eat up to keep your bones strong!

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Amount per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 106% **Calcium 2%**

Vitamin C 22% **Iron 4%**

Source: www.nutritiondata.com

Simple Serving Tips

Fruit and Spinach Salad: Rinse and dry 4 C. spinach leaves (tough stems removed) or baby spinach. In a bowl combine spinach, rinsed and sliced strawberries, ½ C. mandarin oranges, and ¼ cup pecans or slivered almonds. In a small bowl, whisk together 2 T. lemon juice, 2 T. vegetable oil, and 1 T. honey to make a dressing. Pour the dressing over the salad and mix. Sprinkle with salt and pepper to taste. Adapted from: University of Maryland Extension

Spinach and Eggs: Spray a small frying pan with non-stick cooking spray. Add spinach leaves to pan and cook until soft. Add beaten eggs to the pan and cook until eggs form thick curds.

Soups and Stews: Add chopped spinach, kale, or other leafy greens into your favorite soup or stew recipe. Stir until leaves are soft.

Healthy Eating Habits

- Get kids involved! Depending on their age, kids can peel fruits, build a salad, measure, scoop, and slice. Let them create and name their own dish.
- Be sure to include plenty of dark green vegetables each week. Visit www.MyPlate.gov for recommended amounts for each family member and tips for adding vegetables to your day.



Market Basket of the Month is a WellSpan Community Health & Engagement Initiative.

To view monthly newsletters, go to: Wellspan.org/marketbasket.

