



Market
Basket
of the month

May Recipes



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. Top with another tortilla and flip quesadilla.
4. Heat for an additional one to two minutes.
5. Remove quesadilla from skillet and cut into four triangles.
6. Repeat layering process with remaining tortillas to make more quesadillas.

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

Source: DinnerTonight.tamu.edu

Turkey Ginger Rice Lettuce Wrap

Makes 8 lettuce wraps (6 cups filling)

Ingredients:

- 3 tablespoons soy sauce (reduced-sodium)
- 3 teaspoons sugar (granulated or brown)
- 2 teaspoons sesame oil
- 1 teaspoon hot sauce
- 3 pounds ground turkey (lean, 15% fat or less)
- 2 celery (stalks, sliced)
- 2 medium carrots (shredded)
- 1 tablespoon ginger root (minced, or ¾ teaspoon ground ginger)
- 1 teaspoon garlic powder (or 1 clove garlic, minced)
- 1 can water chestnuts (8 ounces, drained and chopped)
- 2 cups brown rice (cooked)
- 8 large lettuce leaves

Directions

1. In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
2. In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes. Break turkey into crumbles as it cooks.
3. Add ginger and garlic. Cook 2 minutes.
4. Stir in soy sauce mixture and water chestnuts. Cook 2 minutes longer.
5. Stir in cooked rice. Heat through.
6. Serve in lettuce leaves.
7. Refrigerate leftovers within 2 hours.

Source: Oregon State University Extension

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.

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