



December Recipes



Fiesta Bean and Potato Salad

Ingredients:

- 3 potatoes, cut into chunks
- 3 tablespoons vegetable oil
- 2 ½ tablespoons lime juice
- 1 ½ teaspoons chili powder
- 1 cup salsa
- 2 cups cooked black beans
- 2 cups corn
- Salt and pepper to taste

Directions:

1. In a large pot, add potatoes and cover with water. Bring to a boil and cook for 12 minutes, or just until tender. Drain and cool.
2. In large bowl, mix together oil, lime juice and chili powder. Add potatoes.
3. Stir in salsa, black beans and corn.
4. Toss gently to combine. Add salt and pepper to taste.
5. Serve hot or cold and enjoy!
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: Calories: 180; Fat: 6g; Cholesterol: 0mg; sodium: 320mg; Total Carbs: 29g; Dietary fiber: 6g; Sugars: 4g; Protein: 7g

Source: jsyfruitveggies.org

Potato, Corn & Cheese Chowder

Makes 6 servings - 1 cup each

Ingredients:

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper (or to taste)
- 1 (15-ounce) can cream style corn
- 1½ cups nonfat milk*
- ½ cup shredded cheddar cheese

Directions:

1. Combine potatoes, carrots, celery, onion, and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn, salt, and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

*Can substitute 4½ Tablespoons of nonfat dry milk powder, mixed with 1½ cups of water, for the nonfat milk.

Nutrition Facts per 1 C serving: Calories: 160; Total fat: 3.5g; Cholesterol: 10mg; Sodium: 530mg; Total Carbohydrate: 27g; Protein: 7g.

Source: Montana State University Extension

Simple Serving Tip

Herbed Potatoes: Be creative - toss steamed or boiled baby potatoes with a small amount of butter and your choice of fresh herbs: parsley, chives, dill, thyme, basil, or cilantro.

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

