



Market Basket

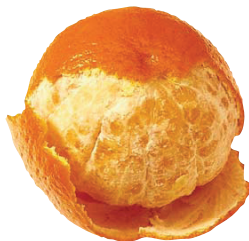
Basket

of the month

February

The Market Basket of the Month featured fruit is

ORANGES



Roasted Sweet Potatoes With Navel Orange

Makes 4 servings

Ingredients:

- 4 whole grain tortillas
- 2 cups baby spinach, washed
- ¼ cup dried cranberries
- ½ cup mandarin oranges, drained
- 1 cup low-fat mozzarella cheese, grated
- 1 cup canned chicken, drained, or cooked, shredded chicken
- ¼ cup low-fat Italian dressing

Directions:

1. Divide the ingredients onto each tortilla.
2. Top with 1 Tablespoon Italian dressing.
3. Roll up the tortillas and enjoy a healthy snack.

Nutrition Facts: 1 serving = 280 calories, 7g. fat, 35g. cholesterol, 35g. total carbohydrates, 22g. protein

Source: University of Maryland Extension

Just the Facts

- Orange zest is not only flavorful, but also rich in antioxidants!
- Oranges pack a nutritious punch – a single orange covers 92% of the Vitamin C intake you need in a day.
- Orange, the fruit, is older than orange, the color. Historians believe the fruit traveled from the Far East to Spain before the word was used to describe a color in Europe.

Nutrition Facts

Serving Size 1 medium orange (154g)

Amount per Serving

Calories 75 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 14%

Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com

Let's Move

Beach Ball Balance: Give a beach ball to your children and have them hold the ball between them – without using their hands.

Jumping Animals: Suggest different animals that jump to move (kangaroo, rabbit, frog, monkey) and have your children jump like that animal.

Flash Light Treasure Hunt: Hide some of your child's favorite toys around the house, turn off all the lights, and send them off to find them with a flashlight. Hide a fun snack to enjoy together too.

Produce Tips

- Choose oranges that are firm and heavy for their size.
- The bigger the navel in an orange, the sweeter it will be.
- Rinse oranges with cold water before peeling.

Healthy Eating Tips

- Picky kid eaters? Serve oranges on top of a salad, blend them into a smoothie, or use them in sauces or marinades to add zest to your favorite dishes.
- Hit the farmers market or grocery store with your kids to involve them in selecting the oranges. When serving it, make it appealing (put them on skewers for fruit kebabs).

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