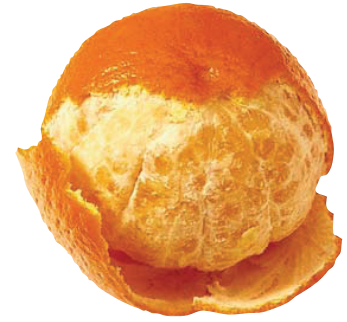




# Market Basket of the month

## February Recipes



### MyPlateWraps

(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

### Caribbean Bean Salad

(Makes 4 servings)

#### Ingredients:

- 4 cups romaine lettuce (chopped)
- 1/4 cup red onion
- 1 cup black beans, low-sodium (canned, drained and rinsed)
- 1 orange (peeled and diced)
- 1 tomato (diced)
- 1 tablespoon olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon oregano (dried)
- black pepper (to taste, optional)

#### Directions:

1. Wash hands with soap and water.
2. Toss all ingredients together in large salad bowl.
3. Serve immediately or refrigerate up to one hour.

Nutrition Facts: (1 serving) = 103 Calories, 4g. total fat, 0g. cholesterol, 69mg. sodium, 15 g. carbohydrates, 4g. protein

Source: MyPlate.gov

### Simple Serving Tip:

**Orange and Parsley Salad:** Remove peel and pith (white stringy part) from 6 oranges. Cut segments from 1 orange over a bowl to catch the juice. Cut the remaining oranges into rounds and arrange on a platter. Top with segments and juice and drizzle with olive oil and a dash of balsamic vinegar. Season with a pinch of salt. Sprinkle with parsley leaves and toasted chopped almonds.

### Simple Serving Tip:

**Orange Vinaigrette Dressing:** In small bowl, whisk 2 T. white wine vinegar, ¼ cup orange juice (juice from 1 orange), 1 T. orange zest, 1 T. honey, 2 tsp. Dijon mustard, and a pinch of salt together. Drizzle in 1/3 cup extra-virgin olive oil while whisking. Season with salt and pepper to taste. Enjoy over steamed green beans, broccoli, or a simple salad.

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

