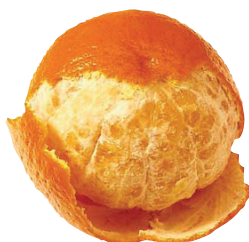




February

The **Market Basket of the Month** featured fruit is

ORANGES



Simple Serving Tips

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.

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.

Envueltos MiPlato

Porciones: 4

Ingredientes:

4 tortillas de grano integral
 2 tazas de espinaca tierna
 ¼ taza de arándanos secos
 ½ taza de naranjas mandarinas
 1 taza de queso mozzarella bajo en grasa
 1 taza de pollo enlatado (en agua), o pollo desmenuzado cocido
 1 botella (de 16 onzas) de aderezo italiano sin grasa o bajo en grasa

Preparación:

1. Disponga en capas los ingredientes sobre la tortilla.
2. Cubra con el aderezo italiano sin grasa (aproximadamente 1 cucharada).
3. ¡Enrolle las tortillas y disfrute! tortillas and enjoy a healthy snack.

Información Nutricional (1/4 de la receta) = 103 Calorías, 4g. Grasa Total, 0g. colesterol, 69mg. Sodio, 15g. Total Carbohidrato, 4g. Proteínas
Fuente: MyPlate.gov

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.

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.

