



Market Basket of the month

The Market Basket of the Month featured vegetable is

BEANS



Simple Serving Tips

- Quick & Easy Hummus: Blend together 1 can of chickpeas (drained, rinsed and mashed), 1 tbsp. olive oil, ½ tsp lemon juice and 1 tbsp. minced garlic.
- When making homemade burgers with either ground beef, turkey, or chicken, try adding black beans into the meat mixture for a heartier meal.
- Toss kidney beans or garbanzo beans into your salad.

Produce Tips

Beans are available dry, frozen, or canned and include garbanzo (chickpeas), blackeye peas, lentils, navy, lima, pinto, kidney, northern, and black beans.

- Store dry beans in an airtight container in a cool, dry, and dark place.
- Look for low-salt frozen or canned beans.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, quesadillas, and salads.

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



Reasons to Eat Beans

- A ½ cup of cooked beans is an excellent source of fiber and folate; and a good source of iron, and potassium.
- Beans are a low-cost, low-fat source of protein that helps make bones, muscles, hair, and skin grow.
- Beans are also an important high-fiber vegetable choice. The amount needed for good health varies from ½ - 2 C. per week, depending on age and gender.

Let's Move!

Celebrate Earth Day (4/22): Gather a group of friends and see how fast you can clean up all the trash around your neighborhood. Don't forget to recycle!

Play your favorite upbeat music and dance around your house to boost your heart rate and your mood!

Arm Circles: With arms stretched out to the side, make 15 small circular motions going forward, then 15 backwards. Next, make big circular motions, again going forward and backwards 15 times in each direction.

Just the Facts

- Dry beans are the highest source of protein available, aside from meat products.
- Beans from thousands of years ago are genetically very close to the beans we eat today.
- The United States is a leading producer of dry beans.

Healthy Eating Tips

Stock your kitchen with herbs and spices, such as basil, parsley, cayenne, chili powder, cumin, curry, ginger, black pepper, crushed red pepper flakes and a salt-free seasoning blend. Use these to flavor foods instead of salt. Add a squeeze of fresh lemon or lime to add flavor, too.

Bean Enchiladas

Makes 4 servings (2 Enchiladas per serving)

Ingredients

4 cups pinto beans (2 cans, 15-ounce low-sodium cans or cooked)
1/2 cup Monterey Jack cheese (reduced-fat)
1 tablespoon chili powder
8 flour tortillas (6 inch)
Salsa (optional)

Directions

1. Wash hands with soap and water.
2. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
3. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
4. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
5. Roll tortillas to enclose mixture.
6. Spray a 9x13 inch baking dish with nonstick cooking spray.
7. Place enchiladas, seam side down, into baking dish.
8. Cover with foil and bake at 350 °F for 20 minutes or until heated through.
9. Serve warm with salsa.

Source: *In the Kitchen with Chef Stephanie Green*, Arizona Nutrition Network

Nutrition Facts: (1/4 recipe): 375 Calories, 8g Total Fat, 3g Sat Fat, 8mg Chol, 825mg Sodium, 59g Carbs, 17g Protein

