



Market
Basket
of the month

April Recipes



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

Chunky Garbanzo Bean Dip

Makes 4 servings

Ingredients:

- 1 can (15 oz) garbanzo beans, low-sodium
- 2 tablespoons vegetable oil
- 2 tablespoons chopped onions
- Lemon pepper (to taste)
- Salt (to taste)

Directions:

1. Wash hands with soap and water.
2. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
3. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.

Notes:

- Serve with vegetables such as celery, carrots and pea pods

Source: *Food Hero* - Oregon State University Cooperative Extension Service

Nutrition facts (1/8 of recipe): 78 Calories, 4g Total Fat, 1g Sat Fat, 0g Chol, 70mg Sodium, 7g Carbs, 3g Protein

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 monthly newsletters, go to: www.wellspan.org/marketbasket

