



Market Basket of the month

May

The Market Basket of the Month featured vegetable is

SALAD GREENS



Produce Tips

- Dark green leaves have more vitamins. Choose lettuce heads that are firm.
- To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.
- Bok choy, kale and spinach have a slightly bitter taste when eaten raw. Try their "baby" versions for a soft leaf with a mild taste.
- Choose arugula to add a peppery taste to your meal.

Let's Move!

This summer join the Get Outdoors (GO) program! GO is a summer-long physical activity initiative, conducted in partnership with county libraries, that encourages children and families to visit parks and trails. Visit your county's GO website for more information.

- Adams – www.goadams.org
- Cumberland - www.gocumberland.org
- Franklin – www.gofranklin.org
- Lancaster – www.golancaster.org
- Lebanon – www.golebcounty.org
- York – www.goyork.org

Chicken and Cranberry Salad

Makes 4 servings

Ingredients:

12 ounces chicken, cooked and diced (1 1/2 cups)
 1/2 cup vinaigrette dressing
 1 cup dried cranberries (or cherries)
 1/8 cup almonds (sliced)
 1 head of lettuce (chopped)

Directions:

1. Wash hands with soap and water.
2. Toss chicken, cranberries, and almonds with dressing.
3. Serve on a mound of chopped lettuce.

Nutrition facts: 328 calories; 12g fat; 81mg cholesterol; 720mg sodium; 31g carbohydrate; 27g protein

Source: MyPlate.gov

Just the Facts

- Leafy greens are rich in a combination of vitamins A, C, and K; several B vitamins; and potassium.
- As a rule, the darker the green, the more nutrients leafy greens contain.
- Leafy greens are also a good source of fiber and are low in calories.
- Collard greens are the oldest leafy green within the cabbage family dating back 2000 years, originally grown by the ancient Greeks and Romans.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Amount per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 106% **Calcium 2%**

Vitamin C 22% **Iron 4%**

Source: www.nutritiondata.com

Simple Serving Tips

- Keep it simple, start by chopping up new kinds of greens and adding them into the usual type of salad you make.
- Toss leafy greens with a citrus salad dressing. The sweet-sour taste will tone down the bitter tang that some greens have.
- The best way to wash leafy greens is by rinsing them under running water.
- Use dark leafy greens in your favorite sandwich.
- Add baby spinach or baby kale to an omelet or scrambled egg breakfast.

Healthy Eating Habits

Make mealtime more fun by playing a game that investigates your food using all five of your senses.

- Look - how many different colors do you see? Do you see the whole rainbow? Are there different shades of certain colors?
- Listen - chew slowly; what sounds do you hear?
- Taste/Smell - close your eyes; how many different flavors and scents can you pick out and describe?
- Feel - If you are eating with your hands, what do you feel? Are there different textures?



Market Basket of the Month is a WellSpan Community Health & Engagement Initiative.

To view monthly newsletters, go to: Wellspan.org/marketbasket.

