



Market Basket of the month

May Recipes



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

Easy Stuffed Pasta Shells

Makes 8 lettuce wraps (6 cups filling)

Ingredients:

- 1 package frozen chopped spinach, thawed (10 ounces)
- 12 ounces cottage cheese, low-fat
- 1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 1 jar light tomato basil pasta sauce, low-sodium (24 ounces)
- 1 cup water
- 6 ounces pasta shells, uncooked (large)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 375 °F. Lightly coat a 13x9x2 inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or colander over the sink, or in a bowl and pressing with a spool to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Notes: Try this recipe for a potluck or make-ahead dinner. If desired, refrigerate the ready-to-bake casserole. To lower sodium, use reduced sodium spaghetti sauce.

Source: MyPlate.gov

Nutrition Facts: (1 cup, 1/8 of recipe): 246 calories; 7g fat; 17mg cholesterol; 332mg sodium; 29g carbohydrate; 16g protein

Market Basket of the Month is a WellSpan Community Health initiative.
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