



Market
Basket
of the month

Leafy Greens



For fun facts about leafy greens, as well as tips and tricks to help you pick, prepare, and eat more leafy greens this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



April Recipes

Chicken and Kale Casserole

Makes 8 servings

Ingredients

- 1 box whole grain pasta
- 2 tbsp. vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 1 bunch kale, washed, chopped, and stems removed
- 2 cups cooked chicken, chopped
- 1 container (24 oz.) low-fat cottage cheese
- 1/4 cup Parmesan cheese, grated
- Salt and black pepper to taste

Directions

1. Preheat oven to 350 °F.
2. In a large pot of boiling water, cook pasta according to package instructions.
3. Drain pasta.
4. In the same pot, add oil, onion, and garlic over medium-high heat. Cook for 4 minutes.
5. Add kale, cover, and cook until almost tender, about 5 minutes.
6. Add the pasta back to the pot.
7. Stir in the chicken, cottage cheese, and salt/pepper to taste.
8. Transfer the mixture to a 9x13-inch baking dish.
9. Top with Parmesan cheese. Bake until top is golden, about 30 minutes.

Nutrition Facts (2 cups): 360 Calories, 8g Total Fat, 2g Saturated Fat, 35mg Cholesterol, 440mg Sodium, 43g Carbohydrates, 5g Total Sugars (0g Added Sugars), 32g Protein.

Source: www.extension.umd.edu

Blueberry Chicken Pasta Salad with Field Greens

Makes 4 servings

Ingredients

Blueberry Vinaigrette:

- 1/2 cup fresh blueberries
- 2 tbsp. extra virgin olive oil
- 2 tbsp. balsamic vinegar
- 1/2 tsp. Dijon mustard
- 2 tsp. honey
- 1/4 tsp. salt

Salad:

- 1 1/2 cups fresh blueberries
- 3 cups whole grain pasta, cooked and cooled
- 12 oz. cooked chicken breast, sliced
- 4 cups field greens or mixed greens
- 1/2 cup red onion, chopped
- 1 medium red bell pepper, chopped

Directions

1. Rinse fresh fruit and vegetables before preparing.
2. For the vinaigrette, blend all ingredients in a blender or food processor. Set aside.
3. In a medium bowl, add remaining blueberries, pasta, chicken breast, greens, onion, and bell pepper.
4. Toss all salad ingredients with dressing and serve.

Notes

- To make this recipe more economical, swap:
 - Regular mustard for Dijon mustard
 - Red wine vinegar for balsamic vinegar
 - Canned chicken for cooked chicken breast
- Add other vegetables, like sliced carrots or cucumbers.
- Garnish with feta cheese or sliced almonds.

Nutrition Facts (1/4 recipe): 420 Calories, 11g Total Fat, 2g Saturated Fat, 90mg Cholesterol, 260mg Sodium, 50g Carbohydrates, 13g Total Sugars (3g Added Sugars), 33g Protein.

Source: [UF/IFAS Extension Family Nutrition Program \(FNP\)](#). (note - recipe is adapted from a USDA Mixing Bowl recipe)