



Market Basket of the month

November

The Market Basket of the Month featured vegetable is

CARROTS



Simple Serving Tips

Carrot Cake Pancakes: Prepare your favorite pancake mix as directed, adding 1 C. grated carrots, ½ C. raisins, ¼ C. chopped pecans and 1 tsp. cinnamon to the mix. Cook pancakes about 2 minutes per side.

Lemon-Glazed Carrots: Steam 2 C. sliced carrots until soft; drain. Place in skillet with 1 T. melted butter, 1 T. brown sugar, and 1 tsp. lemon juice. Stir often, until sugar has dissolved, about 2 min.

Produce Tips

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots before storing.
- Avoid carrots that are wrinkled or soft.

Carrot, Raisin, and Pecan Chicken Salad

Ingredients
Makes 4 servings

- 6 boneless, skinless chicken thighs or tenders
- ¾ tsp. salt
- ¼ tsp. pepper
- ½ C. grated or shredded carrots
- ½ C. chopped pecans
- ¼ light or low-fat mayonnaise
- ¼ C. golden raisins
- 1T. fresh lemon juice
- 1 head leafy lettuce

1. Bring large skillet of water to a boil. Reduce to a simmer.
2. Add chicken. Cook covered, until chicken is cooked through, 8 to 10 minutes. Remove chicken and shred using two forks.
3. Toss chicken with carrots, pecans, mayonnaise, raisins, lemon juice, salt, and pepper in medium bowl.
4. Serve chicken salad on top of lettuce.

Adapted from: Real Simple, Lindsay Hunt, 2014 <http://www.reasimple.com/food-recipes/browse-all-recipes/pecan-chicken-salad>

Reminder: Make half your plate fruits & vegetables. Visit www.choosemyplate.gov for helpful tips.

Nutrition Facts

Serving Size 1 cup, chopped (128g)

Amount per Serving

Calories 52 Calories from Fat 0
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 1g

Vitamin A 430% **Calcium 4%**

Vitamin C 13% **Iron 2%**

Source: www.nutritiondata.com

Let's Move!

Celebrate Special Occasions: Do something active such as hiking, playing a game, or a Frisbee match for birthdays and at holidays.

Dance Dance Revolution: Have the whole family play Dance Dance Revolution to get everyone up and moving. Or put on the family's favorite songs and have a dance party.

Just the Facts

- The average American eats about 12 pounds of carrots a year.
- The biggest carrot recorded is more than 19 pounds; and the longest is over 19 feet.
- In the 1600's, English women often wore carrot leaves on their hats in place of flowers and feathers.

For locally grown carrots, visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Market & Penn Farmer's Market
- Flinchbaugh's Orchard & Farm Market
- Miller's Plant Farm

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

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

