



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 min. Remove chicken and , using two forks shred.
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, play 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 in 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

