



Market Basket

Basket of the month

The Market Basket of the Month featured vegetable is

BEANS



Produce Tips

Beans are available dry, frozen, or canned and include: garbanzo (chickpeas), blackeye peas, lentils, navy, lima, pinto, kidney, northern, and black beans.

- Look for low-salt frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, quesadillas, and salads.

Simple Serving Tips

Fruity Baked Beans: Stir chunks of oranges or apples into your favorite baked beans recipe or store bought baked beans.

Protein Brownies: Drain and rinse a can of low-sodium black beans. Blend beans in a blender until smooth. Replace the water in your favorite brownie mix with the same amount of the blended beans. Mix and bake using box directions.

April

Caribbean Casserole

Makes: 10 servings

Ingredients:

- 1 medium onion, chopped
- ½ green bell pepper, rinsed and diced
- 1 T. canola oil
- 1 can (14 ½ oz.) stewed tomatoes
- 1 can (15 ½ oz.) low-sodium black beans (or beans of your choice)
- 1 tsp. dried oregano
- ½ tsp. garlic powder
- 1 ½ C. instant brown rice, uncooked
- ½ C. water

1. Drain and rinse beans.
2. Heat canola oil in a large pan on medium heat. Add onion and green pepper to pan. Cook and stir until tender. Do not brown.
3. Add tomatoes, water, beans, oregano, and garlic powder. Bring to a boil.
4. Stir in rice and cover. Reduce heat and simmer for 5 minutes. Remove from heat, and let stand for 5 minutes before serving.

Each 1 C. serving provides: calories 185; total fat 1g; cholesterol 0 mg; sodium 297 mg.

Adapted from: Keep the Beat - Deliciously Healthy Dinners, NHLBI

Visit this month's market partners:

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

Reasons to Eat Beans

- A ½ cup of most cooked beans is an excellent source of fiber and folate; and a good source of iron, and potassium.
- Beans are a low-cost, low-fat source of protein that helps make bones, muscles, hair, and skin grow.
- Beans are also an important high-fiber vegetable choice. The amount needed for good health varies from ½ - 2 C. per week, depending on age and gender.

Let's Move!

Try these activities to help build or improve basic motor skills...

Single legged pogo hops: Hop on one foot 15 times, switch feet and hop another 15 times.

Tennis ball bounce pass: Stand about 5 to 10 yards apart from a partner. Pass a tennis ball back and forth - bouncing it in on the ground in the middle.

Single-leg balance touch and jump: Standing on one foot, touch down to the ground and jump up. Land on the same foot without losing balance and repeat 15 times. Repeat on the other side.

To read more about the "ABCs" of fitness for kids, go to: www.acefitness.org/acefit/healthy-living-article/59/5069/youth-fitness-arm-and-leg-tag.

Just the Facts

- There is proof that native people of Mexico and Peru were planting and growing bean crops as early as 7000 BC.
- Since bean plants fertilize themselves, the beans we eat today are very close to the beans eaten thousands of years ago.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket.

