



# Market Basket

# Basket

of the month

The **Market Basket of the Month** featured vegetable is

## SALAD GREENS



### Produce Tips

- Look for dark green leaves. Choose lettuce heads that are firm.
- To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.
- Bok Choy, kale and spinach have a slightly bitter taste when eaten raw. Try their "baby" versions for a soft leave with a mild taste.
- Choose arugula to add a peppery taste to your meal.

### Simple Serving Tips

**Stir-Fry :** Add chopped greens like kale, cabbage, bok choy or spinach to your favorite stir-fry.

**Sandwiches:** Add dark leafy greens like leafy lettuce or baby spinach to your favorite sandwich.

**Soups:** Stir chopped spinach or kale into your favorite soup or stew recipe. Add the leafy greens last and stir until wilted.

**Reminder:** Be sure to eat plenty of dark green vegetables each week. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for tips to help you eat vegetables.

Market Basket of the Month is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).

## May

### Red, Yellow and Green Pasta

(Makes 4 servings)

- 8 oz. orzo or other small shaped pasta
  - 1 tsp. olive oil
  - 1 C. chopped onion
  - 2 garlic cloves, peeled and chopped
  - 1 red bell pepper, chopped
  - 4 C. chopped fresh spinach or 1 (10 oz.) pkg. frozen spinach - thawed and squeezed dry
  - ¼ tsp. salt
  - ¼ tsp. black pepper
  - ¼ C. Parmesan cheese
1. Cook pasta according to package directions; drain and cool with cold water. Set aside.
  2. Heat oil in a large, high-sided skillet.
  3. Cook the onion for 2 minutes; add the garlic and cook 1 minute longer.
  4. Add the bell peppers; cook and stir until tender, about 3-5 minutes.
  5. Add the fresh spinach and stir just until it is wilted. If using thawed spinach, cook until heated through.
  6. Stir in the pasta, salt and pepper.
  7. Top with cheese and serve warm.

### Nutrition Facts

**Serving Size:** 2 cups, green leaf (72g)

Amount per Serving

**Calories 10** Calories from Fat 0

% Daily Value

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

**Protein** 1g

**Vitamin A 106%** **Calcium 2%**

**Vitamin C 22%** **Iron 4%**

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Just the Facts

- One cup of kale has more vitamin C than an orange.
- Cabbage is an ancient green that dates back to the 1600's.
- Arugula is also known as salad rocket and garden rocket, because it grows "rocket-fast!"

### Let's Move!

- Plant and tend a garden or do yardwork.
- Take a family trip to "Pick-Your-Own" fruit at a local fruit farm. Find a farm in Adams County at: [www.adamsfoodpolicy.org/](http://www.adamsfoodpolicy.org/); and in York County, go to: [www.buyfreshbuylocallyork.com/](http://www.buyfreshbuylocallyork.com/).

### Buy Farm Fresh!

Visit our Market Basket of the Month Partners:

- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers' Market
- Flinchbaugh's Orchard & Farm Market
- Gettysburg Farmers' Market
- Miller's Plant Farm
- Penn Market

