



Market Basket of the month

Market Basket of the Month - April

April

BEANS



Produce Tips

- Beans are a good source of fiber and protein.
- Beans can be frozen for up to six months.
- Studies show people who eat beans four or more times a week reduce their risk of heart disease.

Just the Facts

- There are 13,000 known bean varieties worldwide.
- Cooked beans can be frozen for up to six months. Thaw them overnight in the fridge before reheating.
- Studies show people who eat beans four or more times a week reduce their risk of heart disease.

Rainbow Veggie Salad

Ingredients

- 1 (15.5 oz.) can red kidney beans, drained and rinsed
- 1 (15.5 oz.) can black beans, drained and rinsed
- 3 carrots, scrubbed and sliced
- 1 small yellow squash, washed and sliced
- 1 small zucchini, washed and sliced
- ½ cup light Italian dressing
- ½ tsp. pepper

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over vegetables.
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Source: University of Minnesota Extension

Simple Serving Tips

- Use your favorite beans in place of ground hamburger or add mashed beans to your hamburger mix.
- Mix together cooked rice, black beans, corn, salsa and your favorite cheese. Serve warm.
- Toss kidney beans or chickpeas (garbanzo beans) into your salad.
- Add your favorite beans to scrambled eggs or an omelet.
- Spread refried beans, cheese and salsa onto a tortilla; roll up; heat in microwave.

Reasons to Eat Beans

- Beans are a good source of fiber and protein.
- Beans can be frozen for up to six months.
- Studies show people who eat beans four or more times a week reduce their risk of heart disease.

Let's Move!

Do these exercises to help with good posture and balance. As you feel stronger, add another "set."

6]fX Xc [g - Begin on all fours, hands and knees. Reach the right arm straight out in front of the body, and at the same time, the left leg long behind the body. Bring them both back to neutral. Switch sides and reach the left arm and right leg at the same time. Reach 10 times on each leg and repeat (= 2 sets).

Gk]a aYfg - Begin lying on your stomach with your arms straight out in front of your body and the legs long. Lift both your arms and legs off the floor so that just your stomach and hips are touching the floor. Move both the arms and legs in short little swimmer movements up and down toward the floor. "Swim" for 30 seconds and repeat (= 2 sets).

Source: American Council on Exercise

Be sure to visit our Market Basket of the Month partners:

- Ohio Farmers Market
- Oregon Farmers Market
- Lebanon Farmers Market
- Penn State Farmers Market

WellSpan Health is committed to providing the highest quality of care to our patients. We are proud to be a part of the WellSpan family and to serve the community with excellence.

