



Market Basket of the month

December

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



Simple Serving Tip

Smashed Golden Potatoes: Rinse yellow potatoes with water (keep skin on) and cut into large pieces. Boil covered in water until tender; drain water. Place potatoes on baking sheet coated with non-stick cooking spray and flatten with a fork. Drizzle potatoes with olive oil and sprinkle with garlic powder. Bake at 450 degrees for about 15 minutes or until crispy and golden brown.

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

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers Market
- Leg Up Farmers Market
- Miller's Plant Farm
- Penn Market

Meaty Stuffed Potatoes

Makes 3 servings

Ingredients

- 3 potatoes (medium)
- 8 oz. cooked chicken, beef, or pork, diced
- 1 C. broccoli (coarsely chopped)
- ½ C. onion (chopped)
- ½ C. carrot (thinly sliced)
- ¾ C. hot water
- ¾ C. non-fat milk
- 1 T. flour
- ¼ tsp. black pepper
- ½ C. low-fat cheddar cheese, shredded

1. Scrub potatoes under cool water. Pierce whole potatoes with a knife or fork in several places and cook in microwave until fork tender, then cut each in half.
2. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water. Boil until vegetables can be pierced with fork - about 5 minutes. Reduce heat to low.
3. In a jar with a tight-fitting lid, combine milk, flour and pepper. Shake well.
4. Stir flour mixture into meat mixture until well blended.
5. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.
6. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half.

Source: www.whatscooking.fns.usda.gov

Nutrition Facts

Serving Size: 1 cup potato, cooked (78g)

Amount per Serving		
Calories 68	Calories from Fat 0	
	% Daily Value	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 1g		
Vitamin A 0%	Calcium	0%
Vitamin C 17%	Iron	1%

Source: www.nutritiondata.com

Let's Move!

Gather family for some indoor fun...

- Throw a dance party and share dances from each generation in the family.
- Count how many times each person can spin a hula-hoop.
- Try an active version of Simon Says. (hop, pretend to lift weights, etc.)
- See who's most flexible in a game of Twister.

Just the Facts

- Potatoes are grown in 125 different countries across the world.
- Potatoes are about 80% solid and 20% water.
- The average American eats about 138 pounds of potatoes each year.

Produce Tips

- Choose firm potatoes with smooth skin and without sprouts. Avoid those with any green coloring or blemishes.
- Store potatoes in a cool, dark and dry place (not the refrigerator).

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.