



Market Basket of the month

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

SALAD GREENS



Produce Tips

- Dark green leaves have more vitamins. 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 leaf with a mild taste.
- Choose arugula to add a peppery taste to your meal.

Simple Serving Tips

- Add a handful of your favorite greens to an omelet or scrambled eggs.
- Add spinach or kale to your sandwich, wraps, or tacos.
- Sauté some dark leafy greens and add to pasta, rice, or quinoa.
- Add some leafy greens into your favorite soup; as the soup heats up, the greens will become tender.

Reminder: Be sure to eat plenty of dark green vegetables each week. Visit 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: Wellspan.org/marketbasket.

May

Spinach and Italian Chicken

Makes 7 cups

Ingredients:

- 1 C. tomato pasta sauce
- 1 lb. chicken breast cut or pounded into ½-inch thick slices
- ¼ tsp. each salt and pepper
- 1 package frozen spinach, thawed and drained OR 4 C. fresh spinach leaves
- ¾ C. shredded mozzarella cheese

1. Preheat oven to 350 degrees.
2. Pour ½ cup pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish.
3. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
4. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
4. Refrigerate leftovers within 2 hours.

Source: FoodHero.org

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

- Adams County Farmers' Market
- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers' Market
- Flinchbaugh's Orchard & Farm Market

- Lebanon Farmers Market
- Leg Up Farmers Market
- Miller's Plant Farm
- Penn Market

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	

Just the Facts

- Spinach is a member of the goose-foot family, which makes it a relative of beets and chard.
- In the 1930's, U.S. spinach growers credited the popularity of Popeye with a 33% increase in the amount of spinach eaten in the U.S.
- The firm ribs of lettuce leaves provide dietary fiber, while vitamins and minerals are stored in the delicate leafy portion.

Let's Move!

Try these fun family fitness ideas this summer:

- Have the family jump rope while practicing spelling words - a letter with each jump.
- Go up, up and away with a kite-flying day.
- Visit farms where you can pick your own strawberries, peaches and other fruits.
- Play a game of backyard or water volleyball.
- Enter a "fun run" or walk-a-thon for a good cause.

