



Market Basket

Basket

of the month

November

The Market Basket of the Month featured vegetable is

CARROTS



Simple Serving Tips

Carrots with Hummus: Cut carrots into sticks or use baby carrots; dip carrots into hummus (spread made with chickpeas or other beans and seasonings).

Carrot Fries: Peel and slice 1 pound carrots into French fry size strips. Drizzle 2 tsp. olive oil over the carrots; add a little dash of salt and pepper to taste. Arrange carrots on a baking sheet in a single layer. Bake at 425 degrees for 10 minutes; turn each carrot over; bake 10 more minutes.

Just the Facts

- People first grew carrots as medicine for a variety of health issues – not for food.
- Carrots can be traced back about 5,000 years through historical documents and paintings.
- Research has linked eating carrots with healthy hearts and eyes, improved digestion and lowered risk of cancer.

Creamy Carrot, Cranberries and Pineapple Salad

Ingredients

Makes 5 (½ C.) servings

- 1 ½ C pineapple tidbits or chunks (packed in their own juice)
 - 1 ¼ C shredded carrot (short shred)
 - ½ C dried cranberries
 - 3 T. pineapple juice
 - ½ tsp. sugar
 - 3 T. low-fat mayonnaise
1. Drain the pineapple, saving the juice for the recipe.
 2. Place the cranberries in a bowl and pour 2 T. of the pineapple juice over them. Stir to combine. Cover the bowl with plastic wrap and refrigerate for 20 minutes.
 3. In a small bowl, completely dissolve the salt and sugar in 1 T. pineapple juice. Blend in the mayonnaise and beat well.
 4. When the dried cranberries are finished soaking, pour any excess juice from the dried cranberries into a small bowl and set aside.
 5. Combine the plumped dried cranberries, carrots and the pineapple in a bowl. Mix well to combine.
 6. Pour the mayonnaise mixture into the bowl and mix well to combine. Check the consistency of the dressing. Add some liquid saved from soaking the dried cranberries if it's too thick.
 5. Cover the bowl with plastic wrap and refrigerate to chill.

Nutrition Facts

Serving Size 1 cup, chopped (128g)

Amount per Serving

Calories 52 Calories from Fat 0
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 1g

Vitamin A 430% **Calcium 4%**

Vitamin C 13% **Iron 2%**

Source: www.nutritiondata.com

Let's Move!

Sidekicks: While standing, do 10 sidekicks with each leg. Do as many throughout the day as possible.

Line Jumps: Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times!

Hula Hooping: Do 10 minutes of hula hooping... it's great for your core muscles!

Produce Tips

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots before storing.
- Avoid carrots that are wrinkled or soft.

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

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

Market Basket of the Month is a WellSpan Community Health & Wellness initiative.

To view monthly newsletters, go to: www.wellspan.org/marketbasket

