



Market Basket

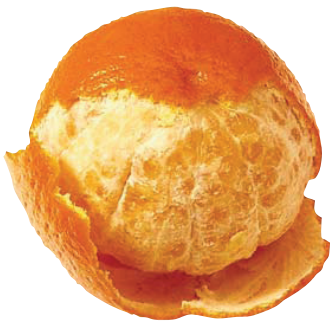
Basket

of the month

February

The Market Basket of the Month featured fruit is

ORANGES



Simple Serving Tips

Orange Parfaits: Add fresh or canned mandarin oranges (in fruit juice) to light vanilla (Greek) yogurt and top with granola.

Asian Coleslaw: Make a coleslaw by adding orange segments from 3 mandarin oranges or tangerines to 4 C. shredded cabbage (or coleslaw mix), 2 T. low-sodium soy sauce, and 2/3 C. light Italian dressing. Stir to combine. Add 1/4 C. peanuts, if desired.

Produce Tips

- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.
- The bigger the navel in an orange, the sweeter it will be.
- Rinse oranges with cold water before peeling.

Citrus Chicken

Makes 4 servings.

Ingredients:

- 4 6 oz. chicken thighs (bone-in)
- 2 tsp. dried oregano
- 1 tsp. ground cumin
- 2 T. fresh orange juice
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 orange, peeled and sliced

1. Preheat oven to 425 degrees F.
2. Trim excess fat from chicken using a sharp knife and a cutting board.
3. Combine chicken, oregano, cumin, lime juice, salt, and pepper in a bowl (cover and refrigerate overnight if desired).
4. Add contents of the bowl to a baking pan.
5. Bake about 1 hour, or until cooked throughout and well browned.
6. Serve right away.

Source: USDA: What's Cooking?

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
- Penn Market

Nutrition Facts

Serving Size 1 medium orange
(154g)

Amount per Serving

Calories 75 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 14%

Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com

Let's Move

Dance Party: Turn on some music while making dinner and get moving! See who in the family has the best dance moves.

Yoga Poses: Look up yoga poses to try online or get creative and make up your own. Tree pose and downward dog are good places to start. Have a contest to see who in your family can hold a balancing pose the longest!

Tricep Dips: Place your hands behind you on a ledge, such as a table, chair, or couch. With legs stretched out in front of you, bend your elbows, lowering your body toward the ground. Straighten your arms to return to starting position. Do as many repetitions as you can.

Just the Facts

- Clementines are small oranges that are seedless unless bees pollinate the flowering trees.
- Oranges are one of the few fruits that will not over-ripen if left on the tree.
- Oranges contain more fiber than most fruits and vegetables.
- More orange trees are killed by lightning than plant diseases.

Market Basket of the Month is a WellSpan Community Health and Wellness Initiative. To view a listing of monthly family newsletters, go to: wellspan.org/marketbasket.

