



Market Basket *of the month*

August 2019 Recipes



Vegetarian Stuffed Peppers

Serves: 8

Ingredients:

- 4 bell peppers (red and green)
- 2 cups cherry tomatoes
- 1 onion (medium)
- 1 cup basil leaves (fresh)
- 3 garlic cloves
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Preheat oven to 425 degrees. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil edges of stems.
3. Cut cherry tomatoes in half.
4. Chop onion and basil.
5. Finely chop garlic.
6. In a bowl toss tomatoes, onion, basil, garlic, and olive oil. Add salt and pepper to taste.
7. Spoon equal portions of mixture into peppers and place in oven for 20 minutes or until peppers are tender.

Nutrition Facts: Serving size: 1/8 recipe; Calories: 36; Fat: 1 g; Fiber: 2 g; Sodium: 77 mg

Source: Centers for Disease Control and Prevention, More Matters Recipes

Peach Cooler

Serves: 2

Ingredients:

- 2 cups milk, low-fat
- 1 cup sliced fresh peaches (or canned peaches, drained)
- 1/2 teaspoon lemon juice
- Dash nutmeg (optional)

Directions:

1. Blend all ingredients in a blender. Blend until smooth consistency.
2. Sprinkle with nutmeg.
3. Serve cold.

Nutrition Facts: Serving size: 1 cup; Calories: 158; Fat: 2 g; Fiber: 2 g; Sodium: 113 mg.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website

Fun Fact...

“The World’s Largest Peach Cobbler” is made every year in Georgia. The cobbler measures 11 feet by 5 feet.

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

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