

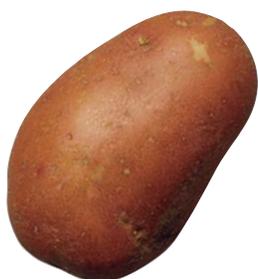


Market Basket

Basket of the month

December

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



Simple Serving Tip

Make your favorite mashed potato recipe and add one or more of these healthy toppings:

- Fresh store-bought salsa
- Garlic sautéed shrimp, diced
- Prepared low-fat pesto
- Sautéed mushrooms
- Sautéed turkey sausage with cranberries and sage
- Steamed broccoli, chopped
- Sundried tomatoes
- Toasted pumpkin seeds

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

Quick & Healthy Chili & Lime Chicken Potato Tacos

Makes 4 servings

Ingredients

- ½ lb. Yukon Gold or red potatoes, cut into bite-size cubes
- Olive oil cooking spray
- ½ C. onion, chopped
- ½ lb. boneless, skinless chicken breast, diced
- ¼ C. bell pepper, finely chopped
- ½ C. red chili enchilada sauce
- 1 tsp. Mexican seasoning blend
- ½ C. Monterey Jack cheese, low-fat, shredded
- 8 6-inch corn tortillas, warmed
- 1 C. tomatoes, diced
- 1 C. shredded lettuce
- Salsa, low sodium (optional)

1. Place potatoes in microwave-safe bowl and cover with plastic wrap. Microwave on high for 5-7 minutes.
2. Spray a large skillet liberally with cooking spray. Add potatoes and onion to skillet. Cook over medium-high heat for 5 minutes, stirring and coating with cooking spray occasionally.
3. Stir in chicken, pepper and seasoning and cook for 5 minutes more.
4. Add enchilada sauce and simmer for 5 minutes.
5. Place equal amount of cheese on each tortilla and heat in a skillet until cheese is melted.
6. Add potato mixture, tomatoes, romaine lettuce, and radishes to each tortilla.
7. Serve. Refrigerate leftovers within 2 hours.

Source: Fruitandveggies.org

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!

- Create a "move jar." Fill it with slips of paper with words, phrases or drawings that call for movement. For example, animals or movements like "monster walk." Have each child pick a movement for you to do together.
- Install a pull-up bar or set up an area with weights for older children and adults in the family.
- Look for a YMCA or other facility with a pool or gym and check your local recreation center for classes and activities.

Just the Facts

- Potato plants are usually pollinated by insects like bumblebees.
- There are thousands of different potato varieties but not all are available at the grocery store. Popular ones include Russet, Yukon Gold, Kennebec, Desiree & Fingerling.

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.