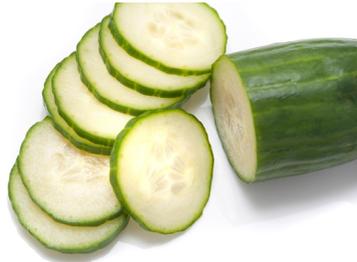




# Market Basket *of the month*

## June Recipes



### Tuna Salad with Cucumbers

**Serves: 5 - a cup each**

**Ingredients:**

- 3 cans (5 ounces each) tuna in water, drained
- 1 cup carrot, peeled and coarsely grated (about 2 medium carrots)
- 2 cups diced cucumber
- 1 ½ cups peas, canned and drained or thawed from frozen
- ¾ cup low-fat Italian salad dressing

**Directions:**

1. Wash hands with soap and water.
2. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
3. Add carrot, cucumber, peas and salad dressing. Mix well.
4. Serve immediately or make ahead, cover and refrigerate until ready to serve.
5. Refrigerate leftovers within 2 hours.

**Notes**

Serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

Source: FoodHero.org

### High Protein Banana Split

**Serves: 2**

**Ingredients:**

- 1 banana, cut in half crosswise and again lengthwise
- 1 cup Greek yogurt (plain or flavored)
- 1 cup whole-grain fortified cereal (check the Nutrition Facts label)
- 1 teaspoon honey (optional)
- ¼ cup sliced strawberries (fresh or frozen)
- ¼ cup canned pineapple pieces (fresh or canned in 100% juice and drained)

**Directions:**

1. Wash hands with soap and water.
2. Place 2 pieces of banana next to each other in each of the 2 cereal bowls.
3. Over the banana in each cereal bowl, spoon half the yogurt and sprinkle half the cereal. Drizzle with honey, if desired.
4. Top with fruit and serve.
5. Refrigerate leftovers within 2 hours.

**Notes**

Try any fruit, such as blueberries and sliced peaches. Look at a cereal's Nutrition Facts label to see if it is fortified with added nutrients such as B12. Use any type of yogurt. Look at the Nutrition Facts label for nutrients of concern such as protein, calcium, saturated fat and added sugars .

Source: FoodHero.org

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

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