



Market Basket of the Month

Featured Produce: Bell Peppers & Peaches

Veggie Bean Wrap

Serves 4

Ingredients:

- 2 seeded and chopped green or red bell peppers
- 1 peeled and sliced onion
- 1 can (15 ounce) drained and rinsed black beans, 50% less salt
- 2 chopped mangos
- 1 lime, juiced
- 1/2 cup chopped fresh cilantro
- 1 peeled and diced avocado
- 4 -10 inch flour tortillas, fat free

In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrition Information:

460 calories; 13g total fat; 2.5g saturated; 13g protein; 80g carbohydrates; 0mg cholesterol; 14g dietary fiber; 690mg sodium; 22g sugar.

Source: <http://recipefinder.nal.usda.gov>

Skillet Pork and Peppers

Serves 4

Ingredients:

- 1/2 cup orange juice
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. cornstarch
- 1/2 tsp. ground ginger
- 1 Tbsp. olive oil
- 1 lb. thin sliced pork loin chops sliced into thin strips
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped

Combine orange juice, soy sauce, honey, cornstarch and ginger in small bowl and mix to blend. Set aside. Heat oil in large skillet and add pork; stir fry for 4 minutes until pork is no longer pink. Add peppers and stir fry 3-4 minutes longer until peppers are crisp-tender. Add orange juice mixture and bring to a boil. Simmer 1 minute until sauce is thickened, stirring constantly. Serve over hot cooked rice or couscous.

Source: Linda Larsen, Your Guide to Busy Cooks

Sweet Potato and Pepper Packet

Serves: 4

Ingredients:

2 medium dark-orange sweet potatoes, peeled and cut into 1 inch pieces
1 medium yellow bell pepper, cut into 1 inch pieces
1 Tbsp. butter or margarine, melted
1 Tbsp. honey
1/2 tsp. seasoned salt
1 Tbsp. chopped fresh chives

Heat coals or gas grill for direct heat. Cut 18x18 inch piece of heavy-duty aluminum foil. Spray with cooking spray. Place sweet potatoes and bell pepper on center of foil. Mix butter, honey and seasoned salt in small bowl. Drizzle over potato mixture; stir to mix. Fold foil over vegetables so edges meet. Seal edges, making tight ½ inch fold; fold again. Allow space on sides for circulation and expansion. Cover and grill packet 4 to 5 inches from medium heat 15 to 20 minutes or until sweet potatoes are tender. Place packet on serving platter. Cut large X across top of packet; unfold foil. Sprinkle with chives.

Nutrition Information: (1 serving)

160 calories; 3g total fat; 2g saturated fat; 15g carbohydrates; 0mg cholesterol; 3g dietary fiber; 220mg sodium; 2g protein.

Source: Grill It, Betty Crocker

Bean-Stuffed Bell Peppers

Serves: 6 *Served as a side dish or makes 3 meatless main dish meals.

Ingredients:

3 green or combination of green, red and yellow bell peppers
1 (15.5 oz.) can dark red kidney beans, drained
1 (8 oz.) can tomato sauce
1 (7 oz.) can Mexican style corn (with red and green peppers), drained
1/2 cup cooked rice
1/4 cup chopped green onions
1/2 tsp. dried oregano leaves
1/4 tsp. garlic powder
1/3 cup shredded reduced-fat cheddar cheese
1/4 tsp. dried oregano leaves

Heat oven to 350°F. Spray 9 inch square or 12x8 inch pan with nonstick cooking spray. Cut peppers in half lengthwise; remove stems, seeds and membranes. Place pepper halves in boiling water for 5 minutes or until slightly softened; drain. Set aside. In large bowl, combine kidney beans, ½ cup of the tomato sauce, corn, rice, green onions, ½ tsp. oregano and garlic powder; mix well. Fill each pepper half with 1/6 of bean mixture; place in spray-coated pan. Bake at 350°F for 30 minutes. Sprinkle cheese over each pepper half; bake an additional 3 to 5 minutes or until cheese is melted. In small saucepan, heat remaining tomato sauce and ¼ tsp. oregano. Serve warm sauce over hot stuffed peppers.

Nutrition Information: (per serving)

130 calories; 2g total fat; 1g saturated fat; 7g protein; 21g carbohydrates; 4mg cholesterol; 4g dietary fiber; 450mg sodium; 370mg potassium.

Source; Great Tasting Lowfat Recipes, Pillsbury

Chicken-Fruit Salad

Serves; 4

Ingredients

2/3 cup plain fat-free yogurt
1/4 cup fat-free mayonnaise or salad dressing
2 cups cubed cooked chicken breast
1 1/3 cup seedless green grapes
2 large peaches, chopped (1 1/2 cup)
2 medium stalk celery, diced (1 cup)
2 tsp. chopped fresh or 1/2 tsp. dried mint leaves

In medium bowl, mix yogurt and mayonnaise until smooth. Stir in remaining ingredients. Cover and refrigerate at least 30 minutes until chilled.

Nutrition Information: (per serving)

220 calories; 4g fat; 1.5g sat. fat; 60mg cholesterol; 230mg sodium; 24g protein; 23g carbohydrates; 3g fiber; 16g sugar.

Adapted from: Fresh and Delicious Meals; Betty Crocker

Peach Salsa

Serves: 4 as a topping for your favorite grilled fish or chicken recipe

Ingredients:

2 cups chopped fresh or frozen peaches
1/4 cup chopped sweet red pepper
1/4 cup chopped red onion
1 jalapeno pepper, seeded and chopped
2 tablespoons orange juice
1 tablespoon minced cilantro
2 teaspoons lime juice
1/4 teaspoon salt

Directions:

In a bowl, combine salsa ingredients; cover and refrigerate until serving.

Peaches with Raspberry Yogurt Sauce

Serves: 4

Ingredients:

1 cup frozen unsweetened raspberries
1/2 cup low fat yogurt
1 Tbsp. honey
4 fresh peaches

To make sauce, combine raspberries, yogurt and honey in a blender. Peel peaches and slice. Spoon peaches into individual dishes and spoon sauce over peaches. Garnish with fresh raspberries or mint.

Nutrition Information:

140 calories; trace fat; 2mg cholesterol.

Blueberry Peach Crisp

Serves: 9

Fruit:

4 cups sliced peeled fresh or frozen peaches, thawed
2 tsp. lemon juice
3 cups fresh or frozen blueberries, thawed
3 Tbsp. flour
3 to 4 Tbsp. sugar

Topping:

1/4 cup firmly packed brown sugar
1/4 cup quick-cooking rolled oats
2 Tbsp. flour
2 Tbsp. chopped almonds
1/2 tsp. cinnamon
1/8 tsp. nutmeg
2 Tbsp. margarine

Heat oven to 350°F. In 8 inch square (1 ½ quart) baking dish, combine peaches and lemon juice; toss gently. Stir in blueberries, 3 Tbsp. flour and sugar; toss with peaches. In small bowl, combine all topping ingredients except margarine. With fork or pastry blender, cut in margarine until crumbly. Sprinkle topping over fruit. Bake at 350°F for 30 minutes or until golden brown and bubbly. If desired, serve with light frozen whipped topping, thawed, or frozen yogurt.

Microwave directions:

Using 8 inch square (1 ½ quart) microwave-safe dish, prepare recipe as directed. Microwave on HIGH for 11 to 15 minutes or until fruit is tender, rotating dish ¼ turn once during cooking.

Nutrition Information: (per serving)

170 calories; 4g total fat; 1g saturated fat; 2g protein; 29g carbohydrates; 3g dietary fiber; 0mg cholesterol; 35mg sodium; 160mg potassium.

Source: Great Tasting Lowfat Recipes, Pillsbury