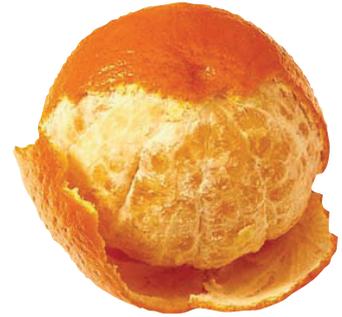




Market
Basket
of the month

February Recipes



Orange Cream Shake

(Makes 2 servings, 1½ C.)

Ingredients:

- 1 large, ripe banana, peeled and quartered
- ½ C. orange juice (from 2 fresh medium oranges, or use prepared)
- 1 medium orange, zest and fruit
- ½ C. vanilla yogurt (dairy or plant based)
- 1 tsp. vanilla extract
- 5 ice cubes

Directions:

1. Place bananas and orange juice in the container of a blender.
2. Use a fine grater or zester to scrape the orange peel from 1 medium orange and add to blender. Peel orange, divide into sections and add to blender.
3. Add yogurt, vanilla extract and ice cubes to blender and process for a few seconds until creamy and smooth.
4. Pour into 2 large glasses and serve immediately.

Notes:

If you don't have a grater or zester, slice away the orange part of the peel and chop it up as fine as you can.

Pour mixture into Popsicle molds and freeze for a healthy dessert.

Nutrition Facts (per serving): 160 calories, 2g total fat, 0 mg cholesterol, 34g carbohydrates, 4g protein, 3g dietary fiber, 40mg sodium, 25g sugar.

Source: American Institute for Cancer Research (aicr.org)

Sunshine Roll-Ups

(Makes 4 half roll-ups)

Ingredients:

- ½ C. finely chopped celery
- ¼ C. minced onion (any type)
- 1 ½ T. mayonnaise
- 1 tsp. low-sodium soy sauce
- ½ tsp. garlic powder or 2 cloves garlic
- ¼ tsp. pepper
- 1 C. chopped cooked chicken
- ⅔ C. mandarin orange segments (canned, drained and rinsed, or fresh)
- 2 medium (8-inch) whole wheat tortillas
- 4 medium lettuce leaves, salad greens or microgreens

Directions:

1. Wash hands with soap and water.
2. In medium bowl, mix celery, onion, mayonnaise, soy sauce, garlic powder and pepper.
3. Gently mix in chicken and orange segments.
4. Lay tortilla on clean cutting board or large plate.
5. Place 2 lettuce leaves on each tortilla, trimming or moving leaves to keep them inside the tortilla.
6. Place ½ the chicken mixture in the middle of the lettuce.
7. Roll tortillas into a wrap and cut in half. Repeat with other tortilla, lettuce and rest of chicken mixture.
8. Refrigerate leftovers within 2 hours.

Notes:

No oranges? Use halved grapes or diced apples. Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.

Source: FoodHero.org

Simple Serving Tips:

Orange Salsa: Combine zest scraped from orange peel, chopped oranges, tomato, cilantro, green onion, walnuts, and lime juice. Spoon over grilled or baked fish.

Market Basket of the Month is a WellSpan Community Health initiative. To view monthly newsletters, go to: www.wellspan.org/marketbasket

