Notes

Thanks to the generous support from

MAYO CLINIC HEALTH SYSTEM

Franciscan Sisters of Perpetual Adoration


RSVP

We also thank Coulee Region RSVP for their volunteers’ indispensable help with our classes and demonstrations.

HILLVIEW URBAN AGRICULTURE CENTER (HILLVIEW) is a 501(c)3 with the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- Building soil with food waste
- Educating and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

Hillview

HILLVIEW URBAN AGRICULTURE CENTER

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HILLVIEW URBAN AGRICULTURE CENTER is excited to introduce the Market Baskets Program—an easy, fun, and interactive way to bring low-cost, tasty, and nutritious meals to everyone in the La Crosse area. Designed to appeal to all ages, the free Market Baskets classes and demonstrations are created to quickly teach participants how to prepare meals with minimal preparation and clean up and by using as many locally grown ingredients as possible. Many classes include free kitchen tool giveaways and resources on growing your own to continue to foster a love of food.

Market Baskets Coordinator: Kirsten Arm, RDN
E-mail: marketbaskets@hillviewuac.org

PHOTO: Lee Han
Lemony Kale Chickpea Avocado Salad

**Ingredients**

**Dressing:**
- ¼ cup Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Clove Garlic, Minced
- ¼ tsp Salt
- Pinch Black Pepper

**Salad:**
- 8 cups Kale, chopped
- 1, 15 oz. can of Garbanzo Beans, drained
- 1 Ripe Avocado, diced

**Directions**

1. In a small bowl, combine lemon juice, garlic, salt, and black pepper; whisk to combine. Slowly drizzle olive oil into mixture and whisk until creamy.
2. Rinse kale and pat dry before chopping.
3. In a large bowl, pour dressing over the kale. Massage dressing into kale until all is covered and kale is softened.

**Nutrition Information (per serving)**

Serving size: 1 cup, Servings: 8
Calories: 168, Protein: 6g, Carbohydrate: 15g, Sugar: 2g, Fat: 11g
(Adapted from thekitchengirl.com)

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Veggie Wraps

**Ingredients**

**Wrap:**
- 1 Bell Pepper, sliced
- 2 Roma Tomatoes, diced
- ½ Onion, sliced
- 1 cup Greens (lettuce, spinach, or kale), chopped
- 2 ounces Low-fat Swiss or Cheddar Cheese, grated
- 3, 8-inch Whole Wheat Tortillas

**Spread:**
- 1 large, ripe Avocado
- ¼ cup Nonfat Plain Yogurt
- 1 Lemon

**Directions**

1. Rinse pepper, tomatoes, and greens before preparing. Pat veggies dry.
3. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell into a small bowl.
4. Use a fork to mash avocado. Stir in yogurt.
5. Slice lemon in half. Squeeze a little lemon juice over avocado spread to prevent browning. Stir.
6. Spread 1/3 of avocado mixture onto 1 tortilla. Layer with veggies, greens, and cheese.
7. Roll tortilla into a log shape, cut as desired.

**Nutrition Information (per serving)**

Serving size: 1 tortilla, Servings: 3
Calories: 300, Protein: 13g, Carbohydrate: 34g, Sugar: 10g, Fat: 14g
(Adapted from Lynn Fredericks, FamilyCook Productions)