

Strawberries



The strawberry is a delicious berry that ripens fairly early in the season. If you haven't been to a pick-your-own place, a strawberry pick-your-own is a good place to start. Choose the berries that are brightly colored and firm. Keep the hulls attached until

ready to use. Be sure to check strawberries for decay or mold before you refrigerate, and remove any that show signs of spoilage.

One pint of strawberries is equal to about two cups of sliced berries. You may think of strawberries as a dessert food because they

are scrumptiously sweet. But they are also yummy in main dish soups or salads made with spinach or other leafy greens. Since strawberries are naturally low in calories, you can eat lots of them if you don't add sugar or fat, such as whipped cream.

Strawberry Surprise Smoothie

Makes 4 servings

Ingredients:

- 1 cup skim milk
- 1 cup strawberries
- 3 ounces orange juice concentrate
- 1 banana frozen
(cut in chunks prior to freezing)
- 1 cup pineapple chunks
(use fresh or canned in juice or water)

Directions:

1. Blend all ingredients in blender until smooth and serve.

Source: "Making Nutrition Palatable: Calcium from Leafy Greens to Dairy Delights," University of Maryland Extension, Frederick County, 1999.

Nutrition Facts

Serving Size 1 Serving (216g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 35mg **1 %**

Total Carbohydrate 32g **11 %**

Dietary Fiber 2g **8 %**

Sugars 18g

Protein 4g

Vitamin A 6% • Vitamin C 120%

Calcium 10% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Store strawberries in the refrigerator until ready to use. They are best when used within 2 or 3 days of purchase.
- Wash berries just before you prepare them to serve.

Strawberry Yogurt Popsicle

Makes 12 servings

Ingredients:

2 cups strawberries, chopped
12 small paper cups
2 cups nonfat vanilla yogurt
12 wooden sticks

Directions:

1. Combine strawberries and yogurt. Mix well.
2. Fill cups with mixture. Cover cup with plastic wrap or tin foil.
3. Insert a wooden stick through the plastic wrap or tin foil.
4. Freeze popsicles until firm.
5. Gently tear away paper cup from frozen yogurt popsicle before eating.

Source: "Tickle Your Appetite," FCS 307, USDA Food and Consumer Service, Washington, DC, November 1997.

Nutrition Facts

Serving Size 1 Serving (63g)
Servings Per Container 12

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 25%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.