

STRAWBERRIES



Key Points:

- ▶ Excellent source of vitamin C, manganese, folate, fluoride, iron, iodine, and copper.
- ▶ Strawberries are a rich source of phytonutrients such as flavonoids, which enhance their anti-inflammatory potential.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate for up to seven days.
- ▶ There are just 93 calories in 3/4c of fresh strawberries.

Quick Tips

- ▶ Keeping the stems on until you're about to eat the strawberries will extend their shelf life.
- ▶ Wash strawberries only before eating them because once wet, they soak up every bit of moisture, making them more likely to get mushy and spoil faster.
- ▶ If you notice any moldy berries in the container, discard them immediately.

Strawberry Rosemary Yogurt Pops

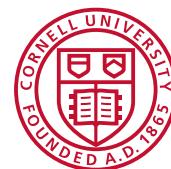
Number of servings: 6

Ingredients:

1 cup chopped fresh strawberries
2 tablespoons balsamic vinegar
2 tablespoons strawberry preserves
2 fresh rosemary sprigs
1-1/2 cups (12 ounces) vanilla yogurt
6 freezer pop molds or paper cups (3 ounces each) and wooden pop or lollipop sticks

Directions:

1. In a small bowl, mix strawberries, vinegar, preserves and rosemary. Let stand 30 minutes; discard rosemary.
2. Spoon 2 tablespoons yogurt and 1 tablespoon strawberry mixture into each mold or paper cup. Repeat layers. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.



EatSmartNY Long Island Region

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