

LOCAL EATS STRAWBERRY RECIPES

Overnight Strawberry Shortcake Oats



• Ingredients

- 2 cups rolled oats
- 12 strawberries, chopped
- 1.5 cups milk
- 0.5 cup plain greek yogurt
- 1 tbsp strawberry jam
- 1/4 tsp vanilla extract

• Directions

- Chop the strawberries into small pieces. If you are using frozen strawberries defrost them quickly by placing them in a bowl of boiling water for 2 minutes.
- Place the chopped strawberries in a bowl and mix in all the other ingredients. Stir well, cover the bowl and place in the fridge for a minimum of one hour.
- When you are ready to eat them, simply remove from the fridge and decorate with your choice of toppings. The oats can be eaten cold or else heated in the microwave for 30-60 seconds.

<https://www.youtube.com/watch?v=uZW8YX2PLNQ>

Strawberry Scones



• Ingredients

- 1 ½ c strawberries, chopped
- 2 ¼ c all purpose flour
- ¼ c sugar
- 2 tsp baking powder
- ¼ tsp salt
- 6 tbs cold butter, cubed
- ½ c buttermilk
- 2 eggs-(1 for brushing on top)

• Directions

- Mix flour, sugar, baking powder and salt well
- Cut the butter in until all pieces are no bigger than peas
- Add strawberries and mix
- Beat one egg with buttermilk
- Combine the flour mixture with buttermilk and egg- do not overmix
- On a floured surface, shape the dough into an 8 inch circle, cut into 8 triangles
- Place on a parchment paper lined oven tray, brush with egg, sprinkle sugar on top
- Bake in a preheated 400F degree oven for 20-30 min. until golden brown

<https://www.youtube.com/watch?v=-g5SeUcFUBM>

Strawberry Avocado Caprese Salad



• Ingredients

- 1 ½ cups sliced strawberries
- 1 cup cherry tomatoes, halved
- 8 ounces mozzarella ciliegine
- ¼ cup olive oil
- ½ teaspoon salt
- 1 tablespoon balsamic vinegar
- ⅓ cup basil, chiffonade
- 1 avocado, cubed
- ⅛ teaspoon black pepper
- Balsamic glaze

• Directions

- In a large bowl add in the strawberries, tomatoes, mozzarella, olive oil, salt, balsamic vinegar, and basil and mix it all together.
- Then add the avocado and gently fold it into the salad. Try not to over work it.
- Top off with cracked black pepper and the balsamic glaze.
- Enjoy!

<https://www.youtube.com/watch?v=BUTvNnFsbZU>

Roasted Chicken and Strawberry Salsa



• Ingredients

- 2 boneless skinless chicken breasts
- 1 tsp garlic powder
- 1 Tbsp avocado oil, or olive oil
- 1 cup cooked quinoa
- 1 cup diced strawberries
- 1 cup diced crisp cucumber
- 1/2 small red onion, diced very small
- one small bunch of fresh mint, chopped
- 1 Tbsp high quality balsamic vinegar
- 1 Tbsp extra virgin olive oil
- sea salt and pepper to taste

Directions

- Preheat oven to 375 degrees f.
- Place the chicken breasts in a shallow baking dish, and sprinkle with sea salt, pepper, garlic powder and 1 Tbsp oil.
- Roast in the preheated oven for about 20-25 minutes, or until cooked through and tender.
- Once cooked, remove from the oven
- cover with foil and let it cool, then dice.
- For the salsa, gently combine all the salsa ingredients and season with salt and pepper to taste.
- To assemble the bowls, divide the cooked quinoa evenly between the bowls, cover with diced chicken breast and then strawberry salsa. Garnish with fresh mint and strawberries.
- Store in the fridge for a max of 3-5 days.

<https://www.youtube.com/watch?v=JTZU4QjWdN0>

Healthy Strawberry Bars



Ingredients

- 1 cup old-fashioned rolled oats
- 3/4 cup whole wheat or all-purpose flour
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 6 tablespoons unsalted butter *melted*
- 2 cups small-diced strawberries *about 10 ounces, divided*
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon granulated sugar *divided*
- **Vanilla Glaze:**
 - 1/2 cup powdered sugar *sifted*
 - 1/2 teaspoon pure vanilla extract
 - 1 tablespoon milk *any kind you like*

<https://www.youtube.com/watch?v=3lq2nAChyAM>

Directions

- Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
- In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps, and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
- Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
- Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool *completely* (you can speed this process along in the refrigerator).
- While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

No Bake Strawberry Cheesecake Cups



Ingredients

- 1/2 c Strawberries, chopped
- 1/4 c + 1 tbs Sugar
- 3/4 c Graham Crackers, crushed
- 2 tbs Unsalted butter, melted
- 4 oz Cream Cheese
- 1/2 tsp Vanilla extract
- 1/2 c Heavy Whipping Cream

<https://www.youtube.com/watch?v=R9DqbDUXUc>

Directions

- In a small bowl, mix chopped strawberries with 1 tbs sugar, set aside
- Mix crushed crackers with melted butter until moistened
- Divide cracker mix into 4 serving cups evenly, press to form a crust layer
- In a medium bowl, beat cream cheese, 1/4 c sugar and vanilla extract until smooth
- Beat whipping cream until stiff peak, fold into the cream cheese mix
- Add one tbs chopped strawberries into the cups, add a layer of cream cheese, repeat as desired.
- Decorate with more crumbs and a whole strawberry and serve.