Selection & Preparation

- Choose plump strawberries that feel firm with bright red color and a natural looking shine.
- Avoid strawberries that have green or white patches or that feel or look mushy, shriveled or are leaking liquid.
- They should be kept refrigerated and used within 2-3 days.
- Avoid storing strawberries in plastic bags.
- Wash berries well in cold water just before using. Remove stem caps after washing.
- Eat plain, sprinkled on your cereal or oatmeal, or mix in with yogurt.
- Delicious on pancakes and waffles.

Nutrition Facts

Serving Size: ½ cup sliced strawberries

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>45</td>
</tr>
<tr>
<td>Total Fat g</td>
<td>0 %</td>
</tr>
<tr>
<td>Saturated Fat g</td>
<td>0 %</td>
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<tr>
<td>Trans Fat g</td>
<td>0 %</td>
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<tr>
<td>Cholesterol g</td>
<td>0 %</td>
</tr>
<tr>
<td>Sodium mg</td>
<td>0 %</td>
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<tr>
<td>Total Carbohydrate</td>
<td>6 g</td>
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<tr>
<td>Dietary Fiber g</td>
<td></td>
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<tr>
<td>Sugars g</td>
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</tr>
<tr>
<td>Protein g</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A %</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium %</td>
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<tr>
<td>Folate %</td>
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</tr>
<tr>
<td>Vitamin C %</td>
<td>80%</td>
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<tr>
<td>Iron %</td>
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<tr>
<td>Potassium mcg</td>
<td>138 mcg</td>
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</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Fiber - to prevent constipation, control blood sugar and fiber may lower blood cholesterol.

Phytonutrients - are what gives strawberries their red color. These compounds help maintain memory, a healthy heart and may lower the risk for some cancers.
Strawberry Spinach Salad

1 pound fresh green beans
3 cups spinach leaves
3 cups assorted salad greens (such as Romaine lettuce) torn in bite size pieces
1 cup sliced strawberries
1 medium red onion, thinly sliced

Dressing:
¼ cup orange juice
2 tablespoons honey
1 teaspoon Dijon-style mustard
½ teaspoon poppy seeds
Salt & pepper to taste
2 tablespoons canola oil

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.

Strawberry Rhubarb Crisp

2 cups rhubarb, sliced
1 cup strawberries, sliced
1/3 cup sugar
1 tablespoon flour

Topping:
1/3 cup quick cooking oatmeal
1/8 cup flour
1/8 cup packed brown sugar
1/4 teaspoon cinnamon
1-2 tablespoons butter or margarine

Combine sliced fruit, sugar and flour. Place in a greased baking pan (or microwave dish). Combine topping, mix until crumbly. Sprinkle mixture over fruit.

OVEN: Bake at 350 degrees for 30-40 minutes.

MICROWAVE: Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.