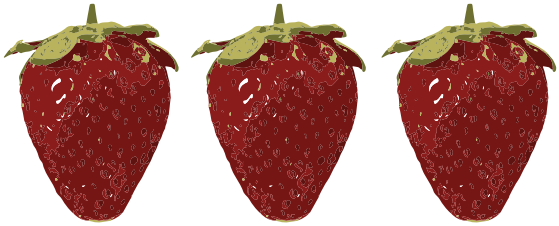
Strawberries



Key Points

- High in vitamin C and a good source of fiber. Contain carotenoids and flavonoids that may be good for health.
- One of the easiest fast foods around — just wash, slice, and serve.
- Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Strawberry-Spinach Salad

Number of servings: 6

Ingredients:

1 pound spinach, washed and dried, large stems removed

1 pint strawberries, washed, hulled, and sliced

½ red onion, chopped

½ cup sugar

Dash paprika

½ teaspoon prepared mustard

½ teaspoon Worcestershire sauce

2 tablespoons canola oil

¼ cup vinegar

¼ cup pecans, chopped

Directions:

1. Add spinach, strawberries, and onion to a medium bowl.
2. In a small bowl, mix sugar, paprika, mustard, Worcestershire sauce, vegetable oil, and vinegar. Blend until sugar is dissolved.
3. Drizzle dressing lightly over salad and toss to coat.
4. Sprinkle nuts over top.

Per serving: 173 calories; 8 g fat (1 g saturated fat); 3 g protein; 25 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 70 mg sodium.

Balsamic Strawberries

Number of servings: 4

Ingredients:

1 pound strawberries, washed, hulled, and sliced

1 tablespoon sugar

1 tablespoon balsamic vinegar

Directions:

1. Place strawberries in a medium bowl. Sprinkle with sugar, stir gently, and allow to stand for 15 minutes.
2. Drizzle balsamic vinegar over strawberries. Gently stir one more time. Refrigerate or let stand for at least an hour.

Per serving: 45 calories; trace fat (0 g saturated fat); 1 g protein; 11 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 1 mg sodium.

Quick Tips

- Choose shiny, firm berries with a bright red color. Caps should be fresh, green, and intact. Avoid shriveled, mushy, or leaky berries.
- Wash thoroughly under running water before eating, cutting, or cooking. Do not wash strawberries until ready to eat. Store in refrigerator for one to three days.
- Slice strawberries and add to your favorite salad.
- Mix sliced strawberries into plain low-fat yogurt for a sweet treat without added sugar.

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