Strawberries

Why Should I Eat Strawberries?

- One of the best sources of Vitamin C – good for your bones, and helps heal injuries.
- Lots of Manganese – good for your bones and is an antioxidant.
- Have Fiber – helps keep you full longer and may help protect your heart.
- Antioxidants and Lycopene help protect vision and brain health.

How Do I Know I Have Good Ones?

- Should have a full-bright red color.
- Need to be plump and firm, with a bright green fresh looking cap on the top.
- Do not use ones that are soft or have juice coming out of them.
- Throw away strawberries if there is any sign of mold.

How Should I Handle Them At Home?

- Store fresh berries, without washing or taking the green part off of them, in the coldest part of your refrigerator. They can be kept there for 1-2 days.
- Wait until you are ready to eat them to wash the strawberries.
- Do not allow for the strawberries to sit in water. Only rinse them.
- Take off green leaves after washing them.
- To Freeze; wash, dry and remove green cap. Place on tray and put in freezer until berry is hard. Remove from freezer and pack into freezer containers or bags and put back into freezer.

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Cooking with Strawberries

**Strawberry Lemonade**
Makes 6 cups

• 2 pints fresh or frozen strawberries
• 1 1/2 cups of sugar
• 3 cups water
• 1/2 cups lemon juice

1. Place strawberries in a blender (or food processor) and blend until smooth.
2. Mix sugar and water in a saucepan. Cook and stir over medium heat until sugar is dissolved.
3. Combine syrup mixture, strawberries, and lemon juice. Mix well and chill in refrigerator.

**Strawberry Cinnamon Muffins**
Serves 12 people

• 2 eggs
• 2/3 cup sugar
• 1/2 cup skim milk
• 1/4 cup plain low fat yogurt
• 1/2 stick of butter- melted and cooled
• 2 cups of biscuit mix (or plain muffin mix)
• 1/4 tsp cinnamon
• 1 and 1/2 cups strawberries-washed and cut into chunks

These can be good for breakfast, snacks or dessert.
(If you don't have yogurt use 3/4 cup milk.)

1. Preheat oven to 375°F and grease muffin tins, or use muffin papers.
2. In a large mixing bowl, whisk together eggs and sugar until light. Add the milk, yogurt, vanilla, and melted butter. Wisk until smooth.
3. In another bowl, stir together biscuit mix, salt and cinnamon. Add this mixture to the milk mixture and stir until you can't see the flour anymore.
4. Gently stir in the berries.
5. Spoon thick batter into the muffin spaces.

Adapted from: Totally Strawberries cook book

**Chicken and Strawberry Salad**
Serves 4 people

**Dressing:**
• 1/4 cup of red wine vinaigrette salad dressing

**Salad:**
• 1 bag of salad mix of your choice
• 1 bag of fresh spinach
• 2 cups strawberries– washed, quartered
• 1/3 cup sliced red onion
• 2 cup of cooked chicken, in pieces
• 2 Tbsp unsalted nuts- halved
• 1/2 cup (2 ounces) crumbled blue cheese

1. Mix lettuce, spinach, strawberries, and onion in a bowl; toss gently and put in bowl or on 4 plates.
2. Place about 1/2 cup of chicken mixture on each plate.
3. Top each serving with 11/2 tsp nuts and 2 Tbsp cheese. Drizzle dressing over each serving.

Note: You can use leftover chicken, or canned or from the store rotisserie for this.