



Pucker Up for Strawberries



These licious, mouthwatering heart-shaped wonders are not just another pretty fruit!

Strawberries are loaded with antioxidants, phytochemicals, and vitamin C

Look what you can do with a strawberry or two!

Strawberry and Avocado Tostada

2 cups fresh strawberries, stemmed and cut up
 1 cup diced jicama (½ inch dice)
 ½ cup chopped cilantro
 1 – 2 teaspoons minced jalepeno pepper
 2 tablespoons fresh lime juice
 1 teaspoon chili powder
 ¼ teaspoon salt
 3 avocados, peeled, seeded, and cut in ½ inch cubes
 6 corn tortillas
 Cooking spray
 ½ cup grated Monterey Jack cheese
 Cilantro sprigs and lime wedges for garnish

Heat oven to 400°. In large bowl, combine strawberries, jicama, cilantro, pepper, lime juice, chili powder, and salt. Stir well to mix. Gently fold in avocados.

Spray tortillas with small amount of cooking spray and place them directly on oven rack. Bake 8 – 10 minutes or until crisp and starting to brown. Remove tortillas from oven and place one cup of mixture on each tortilla. Sprinkle with cheese. Garnish with cilantro and lime wedge. Serve immediately.

Yield: 6 servings

Alternate serving suggestion – Make wraps using whole wheat flour tortillas, sliced turkey, and strawberry/avocado mixture.

Strawberry Mango Pineapple Salsa

1 cup fresh diced strawberries
 1 cup fresh diced mango
 1 cup fresh diced pineapple

1 tablespoon fresh minced ginger
 2 tablepoons fresh lemon juice
 2 teaspoons sugar

Mix all ingredients together. Serve with grilled meats or as a fruit salad. Will keep in fridge 2 days.

Elegant Strawberry Soup

1 ½ pounds fresh or frozen strawberries
 2 cups plain non-fat yogurt
 ½ cup orange juice
 ½ cup sugar
 ½ cup water
 ¼ teaspoon cinnamon
 Dash of nutmeg
 2 – 4 fresh strawberries and mint leaves for garnish (optional)

Blend strawberries in blender until smooth. Slowly add yogurt and continue to blend until yogurt is incorporated into strawberries. Add orange juice, sugar, water, cinnamon, and nutmeg and stir well to mix. Chill in fridge for at least 1 hour. Serve in soup bowls garnished with strawberries and mint if desired.

Yield: 4 servings

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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These little beauties are tender and fragile ~ handle with care!

They are best when you use them within 24 hours of purchase. Refrigerate them only if you will not be eating them in that time frame and don't wash them until just before you pop them in your mouth!

Strawberry Syrup

¼ cup real maple syrup (imitation may be substituted)
2 ½ cups strawberries, stemmed, hulled, and coarsely chopped

Heat syrup and strawberries in heavy pan until strawberries are very tender and have released their juices, about 10 – 15 minutes. Serve warm over pancakes, waffles, crepes, ice cream, etc.

Strawberry Crepes

Whole-Wheat Crepes

3 eggs
¾ cup milk
2 tablespoons canola oil
¼ teaspoon salt
⅓ cup whole-wheat flour

Blend eggs, milk, oil, and salt together in blender. Slowly add flour and blend until smooth, about 30 seconds. Let mixture stand one hour to incorporate flour into liquid (may refrigerate up to 4 hours).

Heat a heavy non-stick skillet over medium-high heat. Spray skillet with cooking spray and pour ¼ cup batter into pan. Immediately tilt pan to coat entire bottom with thin layer of batter. Cook about 1 minute or until the edges are golden brown. Flip crepe and cook other side about 30 seconds. Transfer cooked crepe to a plate. Repeat until all batter is used up.

Strawberry Topping

1 cup strawberries, finely chopped
1 tablespoon sugar
½ teaspoon lemon zest
1 tablespoon lemon juice

Combine and set aside.

Strawberry Filling

6 large strawberries, mashed
1 cup vanilla Greek style yogurt

Mix mashed strawberries and yogurt. Divide evenly among 6 cooked crepes, roll each crepe, and top with Strawberry Topping.

Scrumptious Strawberry Sherbet

1 (16 oz) bag frozen strawberries
½ cup sugar
½ to ¾ cup buttermilk
1 tablespoon lemon juice

Combine strawberries and sugar in food processor and pulse until finely chopped. Mix buttermilk and ½ cup lemon juice together and slowly add to strawberries. Process until smooth and creamy, scraping sides of bowl and adding more buttermilk as necessary. Serve immediately. Leftovers may be stored in freezer.

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