

Blueberries

Excellent source of Vitamin K and manganese



Corn and Blueberry Salad

6 ears fresh corn	¼ cup chopped cilantro	2 T. olive oil
1 cup blueberries	1 jalapeno, seeded and finely chopped	1 T. honey
1 small cucumber, chopped	2 T. lime juice	½ tsp. cumin
¼ cup finely chopped onion		½ tsp. salt

Cook corn in boiling water until tender. Cut off cob when cooled. Combine corn, berries, cucumber, onion, cilantro, and jalapeno. Combine lime juice, olive oil, honey, cumin and salt. Mix to combine and add to salad. Toss well, cover and refrigerate overnight. Makes 8-10 (1/2 cup) servings.

Blueberry Chicken Salad Wraps

3 T. plain Greek yogurt	¼ tsp. salt	6 large lettuce leaves
2 T. olive oil-based mayonnaise	2 cups cooked chicken, diced	6 whole-wheat tortillas
¼ cup celery, finely chopped	¾ cup fresh blueberries	

In a medium bowl, combine yogurt, mayonnaise, celery and salt. Gently stir in chicken and blueberries. To warm tortillas, place a damp paper towel on a microwave-safe plate and top it with a tortilla. Repeat to make a stack of paper towels and tortillas, topped with a damp paper towel. Microwave on high until hot, 30-60 seconds. Place warm tortillas on counter and top each with a lettuce leaf. Scoop about ½ cup chicken-blueberry salad on each lettuce leaf. Roll up each tortillas and cut in half. Secure with toothpicks if desired. Serve immediately or wrap tightly in foil and refrigerate. Makes 12 wraps.

Ricotta Cheese Pancakes

3 T. all-purpose flour	1 tsp. baking powder	½ cup nonfat ricotta cheese
2 tsp. sugar	¼ cup egg substitute	2 ounces fresh blueberries

In a bowl, combine flour, sugar, and baking powder. Stir in egg substitute and ricotta cheese until well blended. Gently fold in blueberries. Pour 1/4 cup batter onto hot griddle for each pancake. Cook until bubbles form on top, then turn to brown other side. Serve immediately with choice of condiments. Makes 2 servings.

Blueberry Salsa

2 cups chopped fresh blueberries	2 seeded and minced jalapeño peppers
1 cup whole fresh blueberries	1/3 cup diced red bell pepper
¼ cup fresh lemon juice	¼ cup chopped onion
3 T. chopped fresh cilantro	½ tsp. kosher salt

Coarsely chop 2 cups fresh blueberries. Stir together chopped fresh blueberries, 1 cup whole blueberries, ¼ cup fresh lemon juice, 3 tablespoons chopped fresh cilantro, 2 seeded and minced jalapeño peppers, 1/3 cup diced red bell pepper, ¼ cup chopped onion, and ½ teaspoon kosher salt in a large bowl. Cover and chill until ready to serve.

Blueberry-Lavender Lemonade

1 cup lemon juice, fresh squeezed (about 5-6 lemons)
2 cups sugar
7 ½ cups water, divided

1 pint blueberries, pureed
15 sprigs fresh lavender (1 small plant) + a few extra for garnish

In a saucepan, bring 2 cups sugar and 2 cups water to a boil. Remove from heat, add fresh lavender and cover. Let seep for 30 minutes. Place pureed blueberries in a bowl. Remove lavender sprigs from saucepan and pour lavender infused water through sieve on top of the blueberry-puree and into the pitcher. Remove sprigs from saucepan and place lavender infused water and blueberry-puree in a French press. Press down to create a very clear blueberry-lavender mixture. Pour lemon juice and remaining water into pitcher.

Grilled Salmon Steaks with Savory Blueberry Sauce

½ cup chicken stock
¼ cup balsamic vinegar
¼ cup orange juice
1 tsp. honey
1 tablespoon cornstarch
¼ cup chicken stock

1 cup fresh blueberries
2 tsp. chopped fresh chives
4 (6 oz.) salmon steaks
2 T. olive oil
Salt and pepper to taste

Pour ½ cup chicken stock, vinegar, orange juice, and honey into a saucepan. Bring to a boil over high heat, then reduce heat to medium. Dissolve cornstarch in ¼ cup of chicken stock, and stir into the simmering sauce. Cook and stir until the sauce thickens and turns clear, 1 to 2 minutes. Stir in the blueberries and chives, and keep warm over low heat. Preheat grill to medium high-heat. Brush salmon with oil, and season to taste with salt and pepper. Grill until the fish flakes easily with a fork, about 3 to 4 minutes per side. Serve with blueberry sauce. Makes 4 servings.

Lemon Blueberry Semifreddo

1 pint lemon ice cream
Nonstick cooking spray
1 cup whipping cream
1 T. honey

2 drops yellow food coloring (optional)
1 cup fresh blueberries
14 lemon or shortbread cookies, coarsely crushed

To soften ice cream, let stand at room temperature for 10 minutes. Meanwhile, lightly coat a 9x5x3-inch loaf pan with cooking spray. Line pan with plastic wrap; set aside. In a large chilled mixing bowl beat whipping cream and honey with an electric mixer on medium until soft peaks form. Beat in ice cream. Beat ice cream mixture into whipped cream. If desired, beat in food color. Fold in berries and 2/3 cup of the crushed cookies. Transfer ice cream mixture to pan. Tap pan gently on counter to release air bubbles. Sprinkle with remaining crushed cookies; gently press crumbs to adhere. Cover with plastic wrap. Freeze for at least 4 hours or until firm. Makes 10 servings.

Mini Blueberry Pies

1 pkg. refrigerated pie crusts
1 egg white, lightly beaten
1 ¾ cups fresh blueberries, divided
1/3 cup sugar
2 tsp. cornstarch

2 T. orange liqueur or orange juice concentrate
¾ tsp. cinnamon
Pinch salt
4 T. Greek yogurt
Mint leaves (optional)

Preheat oven to 450°F. Lightly coat 4 cups of a 12-cup muffin pan with nonstick spray. For the pie shells, cut four 6" circles from the pie crusts, transfer into muffin cups, fold edges under and crimp. Pierce the crusts on sides and bottoms with a fork. Lightly brush crust edges with egg white and bake until golden brown, 13-15 minutes. Combine 1 cup blueberries, sugar, cornstarch, orange juice, cinnamon and salt in a medium bowl. Microwave mixture 2 minutes, stir, then microwave 2 minutes more; let cool slightly. Fold remaining ¾ cup berries into cooked mixture. Divided filling among the pie shells. Garnish each pie with 1 T. yogurt and mint. Makes 4 servings.