

Strawberries

1 cup sliced = 168% Daily Value for Vitamin C

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Strawberry Salad with Pecans and Feta

3 tbsp. white wine vinegar	½ cup pecans, toasted and chopped
2 tbsp. extra-virgin olive oil	¼ cup crumbled feta cheese
1 tbsp. sugar	1 tbsp. chopped fresh or ½ tsp. dried dill
Kosher salt and pepper	
1 qt. strawberries, hulled and halved	
6 cups spring mix salad greens	



Whisk together vinegar, oil, and sugar. Season with salt and pepper to taste. Toss strawberries, greens, pecans, feta, and dill with dressing. Makes 6 servings

Nutrition / serving: 159 calories; 12 total fat (2g sat); 6mg chol; 12g carb; 85mg sodium; 4g fiber; 3g protein

Strawberry-Blueberry Muffins

Canola oil spray	1 cup chopped fresh strawberries
3 tbsp canola oil	1 cup whole-wheat flour
1/3 cup unsweetened applesauce	1 cup unbleached all-purpose flour
½ cup sugar	2 tsp. baking powder
2 eggs	¼ tsp. salt
1 tsp. vanilla	½ cup fat-free milk
1 cup fresh blueberries	

Preheat oven to 375°F. Spray 12-cup muffin tin with canola oil and set aside. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries. In separate bowl, blend together flours, baking powder and salt. Fold in half flour mixture, then half milk. Add remaining flour and milk, folding in just until blended. Scoop batter into prepared tins. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry. Allow muffins to cool for 20 minutes before removing from pan.

Nutrition / muffin: 165 calories, 5g total fat (<1g saturated fat), 28g carbohydrates, 4g protein, 2g dietary fiber, 133mg sodium

Strawberry Frullato

6 ice cubes	1 ½ cups sliced fresh strawberries
2 cups skim milk	1 tbsp. sugar

Crush ice in blender. Add remaining ingredients, and process on high speed until smooth and foamy. Pour into tall glasses and serve immediately. Makes 4 servings.

Nutrition / serving: 82 calories; 0g fat; 2mg cholesterol; 73mg sodium; 15g carbohydrate (1g fiber; 6g sugars); 5g protein.

Freezer Strawberry Jam

1 quart strawberries, crushed
1 package powdered pectin for low- or no-sugar
1 tablespoon lemon juice
3 to 4 teaspoons liquid non-sugar sweetener
Red food coloring (optional)

Combine strawberries, pectin, and lemon juice in a medium saucepot. Bring mixture to a boil; boil 1 minute, stirring frequently to prevent sticking. Remove from heat. Add sweetener and food coloring. Continue to stir 2 minutes. Ladle jam into can-or-freeze jars, leaving ½-inch headspace. Apply rings and lids. Let stand in refrigerator until set, not to exceed 24 hours. Label and freeze. Yield: about 3 half-pints

Breakfast Bruschetta

2 tbsp. sugar	2 tbsp. sugar
½ tsp. cinnamon	Juice of ½ lemon
4 small rolls, split, buttered on both sides and halved diagonally	1/3 cup plain low-fat yogurt
1 cup fresh strawberries, hulled and diced	¼ tsp. vanilla extract

Preheat broiler to high with rack 6" from the heating element. Combine sugar and cinnamon. Sprinkle mixture (you won't use all of it) on buttered sides of bread, and then broil on a baking sheet until toasted, 2-3 minutes. Toss strawberries with sugar and lemon juice. Stir sour cream, yogurt, honey and vanilla together in a separate bowl. To assemble bruschetta, spoon 2 tablespoons berries with juice on each piece of toast; dollop with a 1 teaspoon cream mixture. Makes 8 pieces.

Nutrition / serving: 95 calories; 1g fat; 0mg cholesterol; 52mg sodium; 20g carbohydrate (1g fiber; 10g sugars); 2g protein.

Strawberries with Balsamic Vinegar

1 qt. strawberries, washed, stemmed, halved	¼ tsp. black pepper
¼ cup sugar, or equal amount of artificial sweetener	1 cup strawberry ice cream
3 tbsp. balsamic vinegar	

Place strawberries in a bowl. Sprinkle with sugar, vinegar and pepper. Toss until well combined. Let stand 1 hour or all day. Divide the ice cream into 4 serving dishes. Top with ¼ of the strawberries and juice. Serve immediately.

Nutrition / serving: 168 calories; 5g fat (2g saturated); 10mg cholesterol; 18mg sodium; 34g carbohydrates (2g fiber; 30g sugars); 2g protein.

So Simple Strawberry Pie

Slightly lower in carbs for people with diabetes!

1 qt. (or more) strawberries, sliced (may add artificial sweetener, if desired)	2 small pkg. sugar-free strawberry gelatin
2 small pkg. sugar-free, Cook and Serve vanilla pudding	2 ½ cups water
	2 pie crusts, baked and cooled
	Fat-free or lite frozen whipped topping

In a saucepan, mix water and pudding and bring to a boil to thicken. Remove from stove and add strawberry gelatin. Mix well. Let cool until it begins to thicken. Place sliced strawberries in cooked pie shells and pour mixture over the berries. Refrigerate until set. Top with whipped topping and serve. Makes 12 servings.

Nutrition / serving: 277 calories; 10g fat (3g saturated); 5mg cholesterol; 288mg sodium; 43g carbohydrates (1g fiber; 17g sugars); 2g protein.