

# SUMMER FRESH! BERRIES



## BERRIES

**Berries** come in many colors and varieties including **blueberries, strawberries, raspberries, blackberries, currants** and **cranberries**. Most berries can be eaten raw, and thus are super easy to prepare (wash them!) and are portable so you can take them with you on the go. Filled with vitamin C, potassium and fiber, berries are a great sweet, nutritious snack, topping for cereal/yogurt or a yummy dessert!

## Fun facts about strawberries!

- Strawberries have more vitamin C per serving than an orange! They also are low in calories, and high in vitamins C, B6, K, fiber, folic acid, potassium and amino acids.
- The ancient Romans thought strawberries had medicinal powers. They used them to treat everything from depression to fainting and fever to kidney stones to bad breath and sore throats!
- Strawberries at room temperature are sweeter than cold strawberries.
- Don't rinse cut strawberries under water until you're ready to eat them – it speeds up spoiling.

Adapted from:

<https://www.proflowers.com/blog/strawberry-facts-kids-will-love>;  
<http://www.foodrepublic.com/2013/05/20/14-things-you-didnt-know-about-strawberries>

**Check out the June Commit to Health Foods of the Month newsletter for more information about berries and nutritious, yummy recipes!**

## STRAWBERRY JUMPIN' FRENCH TOAST

(4 servings)

### INGREDIENTS:

- 3 large eggs
- ½ cup skim milk (*or almond milk*)
- 1 tsp ground cinnamon
- 2-4 Tbsp salted butter
- 8 slices whole wheat bread
- 2 cups frozen strawberries

### INSTRUCTIONS:

1. Crack the eggs into a shallow dish or wide-bottom bowl; carefully whisk with a fork until yolks and whites are combined.
2. Add the milk and cinnamon, whisk until mixed.
3. Heat a large nonstick skillet or griddle over medium heat.

4. Add 1 Tbsp of the butter and swirl it around the pan.
5. When butter is melted, place 1 piece of bread in the egg mixture to soak in for about 10 seconds. Turn the bread over and let it soak on other side for a few seconds (*be careful not to soak bread too long as it will get too soggy*).
6. Drain off excess egg and place the bread in the hot pan.
7. Immediately soak more bread slices and add to the pan, taking care not to over-crowd the pan.
8. Cook until golden brown, turning once, about 2 minutes per side, remove from pan.



9. Repeat with remaining butter and bread slices.
10. While making the French toast, warm frozen strawberries in a saucepan or in the microwave.
11. Serve about ½ cup of warm strawberries on top of 2 pieces of French toast.

*Recipe adapted from:*

<https://www.foodnetwork.com/recipes/geoffrey-zakarian/classic-french-toast-with-strawberry-syrup-2314118>



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## SPINACH SALAD WITH STRAWBERRIES

(4 servings)

### INGREDIENTS:

- 5 oz (*about 5 to 6 cups*) raw spinach (*it's usually prewashed so easy to use!*)
- 1 cup sliced strawberries
- ¼ cup chopped toasted pecans or walnuts (*optional, but adds healthy plant-based protein*)
- ¼ cup crumbled low-fat feta cheese or other salty, crumbly cheese (*optional*)
- Your favorite balsamic vinaigrette

### INSTRUCTIONS:

1. Place spinach, strawberries, nuts and cheese in large bowl, toss to combine (*or portion out all items on separate salad plates*).
2. Pour dressing into salad bowl and toss gently to coat salad (*or pour some dressing on each salad plate*). Serve immediately.



Nutrition tip: Add some sliced grilled chicken breast for a complete and balanced meal!



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