

STRAWBERRY

The modern strawberry is a cross between two hardy wild species (one from Chile, one from Virginia) which were brought to Europe in the 19th century. It grows best in warmer climates and should be picked when plump and red.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- BOILED
- BLENDED

RECIPE IDEAS

- SALAD
- SAUCE
- LOW FAT DESSERT

STORAGE

- Best kept in cold and humid storage; place in a crisper drawer
- Freeze strawberries to store them for up to 6 months

NUTRITION

- Good source of antioxidants and vitamin C

TIPS

- Eating them raw provides the best health benefits
- Strawberries do not continue to ripen after they have been picked



BALSAMIC STRAWBERRIES WITH RICOTTA CREAM

- **1 c** part-skim ricotta cheese
- **2 tbsp** honey
- **1/2 tsp** vanilla extract
- **3 tbsp** balsamic vinegar
- **2 tbsp** sugar
- **1 (16 oz)** container strawberries, hulled and quartered
- **2 tbsp** fresh basil leaves, cut into ribbons



BLEND RICOTTA CHEESE, HONEY AND VANILLA EXTRACT IN A SMALL BOWL UNTIL SMOOTH, ABOUT 1 MINUTE. REFRIGERATE FOR AT LEAST 2 HOURS.

IN A SMALL SAUCEPAN COMBINE THE VINEGAR AND SUGAR AND BRING TO A BOIL. SIMMER OVER MEDIUM HEAT FOR 2 MINUTES, STIRRING OCCASIONALLY. ALLOW TO COOL COMPLETELY.

IN A MEDIUM BOWL, TOSS THE BERRIES WITH THE BASIL AND THE BALSAMIC SYRUP. DIVIDE THE CREAM AMONG GLASSES, TOP WITH THE BERRY MIXTURE AND SERVE.