

BERRIES



TRY THIS

- Make a fruit salad with berries, any type of melon, feta cheese, and chopped mint.
- Add berries to salsa or Pico de Gallo.
- Layer berries with low-fat vanilla yogurt and granola to make a parfait.
- Keep frozen berries on hand. Use in smoothies or heat in microwave for about 1 minute to use as a topping for oatmeal, pancakes, and waffles.

BUYING AND STORING

- Select fresh berries that are dry and shiny without any blemishes.
- Store unwashed berries in the refrigerator. Strawberries, blackberries, and raspberries will last about three days. Blueberries will last up to two weeks.
- Wash all fresh fruits and vegetables before using.

OVEN-BAKED BLUEBERRY PANCAKE

Time: 25–30 minutes | Makes: 6 servings | Serving Size: 2 pancake wedges

Nutrition Information Per Serving: Calories 263, Carbohydrate 38g, Dietary Fiber 2g, Protein 7g, Total Fat 9g, Saturated Fat 1g, Cholesterol 64mg, Sodium 436mg

INGREDIENTS

Cooking spray	1½ cups low-fat buttermilk
1½ cups all-purpose flour	2 eggs
2 tablespoons sugar	3 tablespoons oil
2 teaspoons baking powder	2 cups fresh blueberries
1 teaspoon baking soda	Maple syrup (optional)

INSTRUCTIONS

1. Preheat oven to 425 F.
2. In a large bowl, combine flour, sugar, baking powder, and baking soda.
3. In another bowl, combine buttermilk, eggs, and oil. Whisk liquid mixture into flour mixture until just combined. Do not overmix, batter should be lumpy.
4. Set the batter aside to rest for 10 minutes.
5. Spray a 10-inch cast iron skillet or similar sized oven safe nonstick pan with cooking spray.
6. Pour batter into pan. Spread evenly and top with 1½ cups blueberries.
7. Place in oven. Bake for 10–12 minutes, or until toothpick inserted comes out clean.
8. Cut into 12 wedges and serve with remaining blueberries. Drizzle with syrup, if desired.

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Mix flours. Use ¾ cup of all-purpose flour and ¾ cup whole-wheat flour.
- Mix the fruit. Add blueberries to one half and sliced strawberries to the other half of the pancake.
- For extra flavor, add 1 teaspoon lemon zest or ½ teaspoon lemon juice to the batter.

