

STRAWBERRIES



TRY THIS

- Keep frozen strawberries on hand for smoothies, pancakes, waffles, cereals, and baked goods.
- Top watermelon with strawberries, feta cheese, and fresh, chopped mint.
- Layer low-fat vanilla yogurt with strawberries and granola to create a parfait.
- Add fresh strawberries to salads and salsas for extra flavor and nutrients.

BUYING AND STORING

- Select strawberries that are medium firm, bright red, even in color, and plump with fresh green caps.
- Store unwashed, dry, fresh whole strawberries spaced apart in a single layer on paper towel in a container in the refrigerator.
- Wash all fresh fruits and vegetables before using.

STRAWBERRY OVERNIGHT OATS

Time: Up to 8 hours (depending on chill time) | Makes: 1 serving

Serving Size: One 8-ounce jar or container

Nutrition Information Per Serving: Calories 225, Carbohydrate 37g, Dietary Fiber 5g, Protein 12g, Total Fat 3g, Saturated Fat 1g, Cholesterol 4mg, Sodium 57mg

INGREDIENTS

⅓ cup old-fashioned or quick oats
¼ cup low-fat milk
¼ cup low-fat vanilla or strawberry
Greek yogurt


1 tablespoon chia seeds,
or ground flax seeds (optional)
3–4 fresh strawberries, sliced

INSTRUCTIONS

1. Place oats in an 8-ounce jar or container.
2. Add milk, stir well.
3. Add yogurt and optional chia or flax seeds, mix well.
4. Cover and chill in refrigerator overnight.
5. Add sliced strawberries before serving. Serve cold.

CHANGE IT UP

- Try with blueberries, raspberries, or blackberries.
- Add shredded coconut, granola, or chopped nuts before serving.
- Make a double batch. Overnight oats will get softer over time and keep up to four days in the refrigerator.



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

