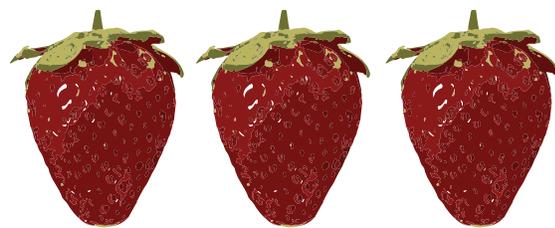


# Strawberries



## Key Points

- ▶ High in vitamin C and a good source of fiber. Contain carotenoids and flavonoids that may be good for health.
- ▶ One of the easiest fast foods around — just wash, slice, and serve.
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

## Strawberry-Spinach Salad

Number of servings: 6

### Ingredients:

- 1 pound spinach, washed and dried, large stems removed
- 1 pint strawberries, washed, hulled, and sliced
- ½ red onion, chopped
- ½ cup sugar
- Dash paprika
- ½ teaspoon prepared mustard
- ½ teaspoon Worcestershire sauce
- 2 tablespoons canola oil
- ¼ cup vinegar
- ¼ cup pecans, chopped

### Directions:

1. Add spinach, strawberries, and onion to a medium bowl.
2. In a small bowl, mix sugar, paprika, mustard, Worcestershire sauce, vegetable oil, and vinegar. Blend until sugar is dissolved.
3. Drizzle dressing lightly over salad and toss to coat.
4. Sprinkle nuts over top.

**Per serving:** 173 calories; 8 g fat (1 g saturated fat); 3 g protein; 25 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 70 mg sodium.

## Quick Tips

- ▶ Choose shiny, firm berries with a bright red color. Caps should be fresh, green, and intact. Avoid shriveled, mushy, or leaky berries.
- ▶ Wash thoroughly under running water before eating, cutting, or cooking. Do not wash strawberries until ready to eat. Store in refrigerator for one to three days.
- ▶ Slice strawberries and add to your favorite salad.
- ▶ Mix sliced strawberries into plain low-fat yogurt for a sweet treat without added sugar.

## Balsamic Strawberries

Number of servings: 4

### Ingredients:

- 1 pound strawberries, washed, hulled, and sliced
- 1 tablespoon sugar
- 1 tablespoon balsamic vinegar

### Directions:

1. Place strawberries in a medium bowl. Sprinkle with sugar, stir gently, and allow to stand for 15 minutes.
2. Drizzle balsamic vinegar over strawberries. Gently stir one more time. Refrigerate or let stand for at least an hour.

**Per serving:** 45 calories; trace fat (0 g saturated fat); 1 g protein; 11 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 1 mg sodium.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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