



Blackberries



“The Largest in the Wild!”

Nutritional Benefit:

- 1 cup of blackberries has only 75 calories.
- Provides fiber, folate and vitamin C.

How to Pick, Store, & Prepare:

- Choose plump, deep colored berries that appear fresh and are free of mold.
- Fresh berries are best used the day of purchase but may be refrigerated unwashed in a single layer in a non-airtight container lined with paper towels and used within a couple of days.
- To freeze, place clean berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 6 months.
- Blackberries are also available in the frozen section.

How to Increase Consumption:

- Wash and enjoy this on the go snack. Fresh blackberries are delicious as is!
- Blackberries make a great addition to oatmeal, yogurt and fruit salads.
- For a refreshing beverage add frozen blackberries to your next smoothie.
- Try a peanut butter and blackberry sandwich! Add blackberries and banana slices to your peanut butter sandwich!

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Cauliflower



“Cauliflower: It’s calling your name!”

Nutritional Benefit:

- 1 cup of cauliflower has only 25 calories.
- Provides vitamin C, B6 and folic acid.

How to Pick, Store, & Prepare:

- Choose firm, heavy and compact cauliflower heads free of mold or spots with leaves securely attached.
- Cauliflower should be stored in a perforated plastic bag in the crisper drawer of the refrigerator with the stem side up to reduce collection of moisture and used within a week.
- Pre-cut or cooked florets should be used within a couple of days.
- To prepare, remove any superficial speckles then remove the outer leaves and cut the stem just above the florets.
- Cut florets into desired pieces.

How to Increase Consumption:

- Cauliflower makes a great addition to vegetable trays, salads and side dishes.
- Substitute mashed potatoes with mashed cauliflower.
- For your next side dish try roasting cauliflower. Simply add a bit of olive oil and lemon juice to cauliflower and roast at 400 degrees until they begin to caramelize.
- Make a creamy low fat soup by cooking florets in two cups of broth and blending.

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Blackberry Recipe

Blackberry Crisp

Serves 8

5 cups fresh or thawed frozen blackberries
Juice from one orange
1 tsp. vanilla extract
1 cup old-fashioned oats
¼ cup all-purpose flour
½ cup packed brown sugar
¼ tsp. ground cinnamon
¼ cup butter, softened



Preheat oven to 350 degrees. Spray 8x8-inch baking pan with cooking spray; set aside. In a bowl, combine blackberries, orange juice and vanilla. Spread the fruit mixture in the prepared baking pan. In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 45 minutes or until lightly browned and bubbly.

Per serving: 200 calories, 7 g fat, 3 g protein, 33 g carbohydrate, 3 g fiber, 55 mg sodium

This recipe is a Foot Steps to Health recipe providing a serving of fruit or vegetable and is 500 Club approved

Cauliflower Recipe

Gingered Pasta Salad

Serves 8

8-ounces bowtie pasta
1 cup frozen shelled edamame
1 small head cauliflower, chopped
1 medium red bell pepper, chopped
1 small yellow bell pepper, chopped
1 small red onion, chopped
1 tsp. minced fresh gingerroot
1 cup sesame ginger salad dressing
3 green onions, chopped



Cook pasta according to package directions; add edamame during the last 5 minutes of cooking. Drain and rinse with cold water. In a large bowl, stir together pasta and next 5 ingredients. Drizzle with dressing; toss to coat. Sprinkle with green onions. Chill until serving.

Per serving: 200 calories, 9 g fat, 5 g protein, 26 g carbohydrate, 4 g fiber, 280 mg sodium

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For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>