



# Strawberries



“Savor the Sweetness of Strawberries!”

## Nutritional Benefit:

- 1 cup sliced strawberries has only 50 calories and provides 4 grams of fiber.
- Strawberries are an excellent source of manganese, folate and vitamin C.

## How to Pick, Store, & Prepare:

- Choose brightly colored berries that still have their green caps attached.
- Avoid soft, shriveled or moldy berries.
- Fresh berries 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.

## How to Increase Consumption:

- Wash and enjoy this on the go snack. Fresh strawberries are delicious as is!
- Strawberries are a great addition to both hot and cold breakfast cereals.
- For a refreshing treat, add frozen strawberries to your next smoothie.
- Layer sliced strawberries, whole blueberries and plain yogurt in a wine glass to make a parfait dessert.

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# Leeks



“Leak Out the Secret that Leeks are Delicious!”

## Nutritional Benefit:

- 1 cup of leeks has only 65 calories.
- Provides manganese, vitamin C, iron and folate.

## How to Pick, Store, & Prepare:

- Choose leeks with crisp brightly colored leaves and an un-blemished white portion.
- Avoid leeks with wilted or yellow spotted leaves.
- Store leeks in a plastic bag in the crisper drawer of the refrigerator and use within 5 days.
- Before using, trim rootlets and leaf ends.
- Slit the leeks from top to bottom and wash thoroughly.

## How to Increase Consumption:

- Add sliced leeks to your favorite omelet or frittata recipe.
- For a unique side dish, sauté leeks and fennel. Garnish with fresh lemon juice and thyme
- Try vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- Leeks are a great addition to cold pasta salads.

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# Strawberry Recipe

## Berry Burrito

Serves 4

- 1/2 cup reduced-fat cream cheese
- 1/4 cup strawberry jam
- 12 fresh strawberries, sliced
- 4 (8-in.) whole wheat tortillas

In a small bowl, mix together cream cheese and strawberry jam. Spread mixture equally over one side of each tortilla. Top with strawberries and roll up tightly folding in the sides.

Per serving: 270 calories, 10 g fat, 7 g protein, 39 g carbohydrate, 3 g fiber, 270 mg sodium

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



# Leek Recipe

## Bean Salad

Serves 10

- 1 (15 oz.) can black beans, drained and rinsed
- 1 (15 oz.) can black eyed peas, drained and rinsed
- 1 (15 oz.) can shoepeg corn, drained and rinsed
- 1 medium leek, finely chopped
- 1/4 cup canola oil
- 3/4 cup cider vinegar
- 3/4 cup sugar
- Salt and pepper to taste\*

In a large bowl, combine first four ingredients. In a small bowl whisk together remaining ingredients; combine with corn mixture and stir until combined. Season with salt and pepper. Chill at least two hours to allow flavors to blend.

\* salt and pepper not included in nutritional analysis

Per serving: 210 calories, 6 g fat, 5 g protein, 35 g carbohydrate, 4 g fiber, 450 mg sodium

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



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