



Raspberries



“Rock your Taste Buds with Raspberries!”

Nutritional Benefit:

- 1 cup of raspberries has only 64 calories.
- Provides fiber, magnesium and Vitamin C.



How to Pick, Store, & Prepare:

- Choose firm, brightly colored raspberries that appear fresh and are free of mold.
- Take the berries out of their original container and store unwashed in a single layer on a paper towel in a sealed container. Refrigerate and use within a few days.
- To freeze fresh raspberries, place clean berries in a single layer on a cookie sheet and freeze. Then place in a sealed plastic bag and use within 6 months.
- Wash before consuming.

How to Increase Consumption:

- Eat as is! Raspberries are a nutritious and delicious on the go snack.
- Make a smoothie. Blend blackberries, strawberries, raspberries, and a banana with a ½ cup milk.
- Add fresh or frozen raspberries to cereal, pancakes, oatmeal and frozen yogurt.
- Use raspberry preserves as jam to spread on toast and bread instead of butter.
- For a quick and easy trifle dessert, alternate cubes of angel food cake with fresh raspberries and vanilla pudding!!



Zucchini



“Having trouble Fitting into your Bikini? Eat a Zucchini!”

Nutritional Benefit:

- 1 cup of zucchini has only 18 calories.
- Provides manganese, and vitamins C and B6.

How to Pick, Store, & Prepare:

- Choose zucchini that are firm and free of cuts and bruises.
- Store zucchini in a plastic bag in the crisper drawer of the refrigerator and use within a few days.
- Zucchini can be kept frozen up to 6 months but should be blanched for 2 minutes before freezing to avoid soft flesh when thawed.
- To prepare zucchini, wash and cut off both ends. The peel and seeds are edible.

How to Increase Consumption:

- Zucchini has a mild flavor; try cooking it with herbs such as basil or rosemary.
- Grated zucchini can be used in breads, muffins and salads.
- Sliced or chopped zucchini can be added to casseroles, soups and stuffings.
- Make a vegetable medley on the grill with zucchini, summer squash, garlic and bell peppers.
- Sauté zucchini, mushrooms, yellow squash, and onions in olive oil. Serve with pasta.



Raspberry Recipe

Cool Raspberry Soup

Serves 4 (about 1 cup each)

20 ounces frozen raspberries, thawed
1 1/4 cups water
1/4 cup white grape juice
1 cup cran-raspberry juice
1/2 cup sugar
1 1/2 tsp. ground cinnamon
3 cloves, whole
1 Tbsp. lemon juice
1 (8 oz.) container low-fat raspberry yogurt

Foot Steps
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Place raspberries, water and grape juice in a blender container; puree until smooth. Transfer to a large saucepan; add the cran-raspberry juice, sugar, cinnamon and cloves. Bring to a boil over medium heat; stirring frequently. Remove from the heat; strain and cool. Whisk in lemon juice and yogurt. Serve chilled.

Per serving: 270 calories, 0.5 g fat, 4 g protein, 63 g carbohydrate, 4 g fiber, 50 mg sodium

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

Zucchini Recipe

Vegetable Strata

Serves 8

1 1/2 cups skim milk
1 cup Heart-Smart baking mix (Bisquick)
3 eggs
1/4 tsp. salt
1/4 tsp. ground black pepper
1 cup chopped zucchini
1 cup chopped broccoli
1 cup chopped onion
1 cup chopped red bell pepper
1 cup shredded mozzarella cheese

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Preheat oven to 400 degrees. Spray a 12-inch pie plate with cooking spray. In a medium bowl, combine milk, baking mix, eggs, salt and pepper; mix well. Fold in zucchini, broccoli, onion, pepper and cheese. Spread into the prepared baking dish. Bake 45-60 minutes or until set.

Per serving: 160 calories, 6 g fat, 10 g protein, 17 g carbohydrate, 2 g fiber, 380 mg sodium

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

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

(Click La Crosse County, click Get Healthy Eating)