

From the Food Bank Kitchen

Berries

Finally, after a long and frigid winter, Spring has finally sprung! This spring has brought lots of sunshine and warm temperatures and soon it is going to be one of the best seasons of the year. That season is berry season. Berries are some of the juiciest and flavorful fruits that everyone enjoys! These brightly colored, tiny fruits are packed with lots of different vitamins and minerals that are needed in a person's diet. Berries contain molecules called antioxidants, which are essential to the body. Antioxidants act like "superheroes" in the body, and the "villains" that they fight off are called free radicals. Free radicals damage and kill cells in the body and can cause many diseases such as Alzheimer's Disease and cancer. Antioxidants help the body by eliminate free radicals and thus saving the cells! Eating foods (such as berries) that contain antioxidants can lower a person's chance of stroke, heart disease, and even certain cancers! Eat a variety of berries to gain maximum nutrition!

Source: eatingwell.com

Food	Nutritional Benefits
Strawberries	Strawberries contain more Vitamin C than a medium orange! Strawberries are also an excellent source of fiber, potassium, and folate. They are also one of the most antioxidant-rich foods! Studies suggests that strawberries can help decrease inflammation and aide in controlling Type 2 Diabetes.
Blueberries	Blueberries are a rich source of Vitamin C, manganese, and Vitamin K. Studies show that certain antioxidants in blueberries can improve motor skills and reverse short-term memory loss from age-related diseases such as Alzheimer's.
Blackberries	Blackberries contain fiber and are an excellent source of Vitamins C and K and manganese. Blackberries contain lots of antioxidants too! More than strawberries in fact!
Raspberries	Raspberries provide an excellent source of Vitamin C, fiber, phosphorus, and selenium. Raspberries contain phytochemicals, which can potentially slow cancer growth.
Mulberry	Mulberries look similar to blackberries and taste sweet with a tart aftertaste. They are an excellent source of Vitamin C and iron, and a good source of Vitamin K, Vitamin E, and potassium.
Huckleberry	Huckleberries look and taste like blueberries. They are rich in antioxidants and a good source of Vitamin A. Vitamin A is vital for maintaining healthy vision.
Cranberry	Even though they do not grow in the summer, cranberries are readily available year-round. Cranberries are high in Vitamin C, A, and K, and full of antioxidants. Cranberries have shown to help prevent and treat Urinary Tract Infections.
Boysenberry	Boysenberry look similar to blackberries and it taste very sweet. They are a good source of fiber and Vitamin K.

Freeze Berries and Enjoy Them All Year Round!

Berries may not be readily available in the winter so freezing them in the summer can allow a person to enjoy them no matter what season it is. Here is an easy method to freeze berries!

You will need:

- Sheet Pan
- Berries
- Paper Towels
- Parchment paper (optional)
- Freezer
- Freezer Bags
- Colander

Directions:

1. Place berries in colander and rinse with cold running water. After rinsing, place berries on paper towels and allow to dry.
2. Place berries on a sheet pan (place parchment paper on bottom of pan and then berries, if needed).
3. Put pan in freezer and freeze berries until completely hardened.
4. When hardened, take berries out and place in freezer bags. Label bags with the date the berries were frozen to make sure they get used before they spoil. Place berries in freezer. Berries can be frozen up to 8 months.

Source: livestrong.com

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Serves 12

Source: myrecipies.com

Ingredients for Salsa

- 1.5C finely chopped peeled ripe avocado (about 2 avocados)
- 2 Tbsp. minced fresh cilantro
- 2 tsp fresh lime juice
- 1C of finely chopped strawberries
- 1 tsp minced seeded jalapeno pepper
- Pinch of salt

Ingredients for Tortilla Chips

- 2 tsp canola oil
- 2 tsp sugar
- 6 (6-inch) whole-wheat flour tortillas
- ½ tsp ground cinnamon

Directions:

Preheat oven to 350°F. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 350° for 10 minutes or until crisp. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.

Nutrition: Serving Size: 6 chips with 3 Tbsp. of avocado mixture: Calories 138, Fat 6.7g, Saturated Fat 1f, Carbs 17g, Fiber 4g, Sugar 4g,

Berry Overnight Oats

Serves 1

Source: allrecipes.com

Ingredients

- ½C quick or old fashioned oats
- ½C of non-fat or low-fat Greek yogurt
- Plastic container
- ½C non-fat or low-fat milk
- 1 C of mixed berries

Directions: Add oats to container and pour in milk. Layer Greek yogurt and mixed berries. Cover container and refrigerate over and enjoy in the morning!

Nutrition: 1 serving: Calories 430, Fat 6g, Saturated Fat 2g, Carbs 68g, Fiber 12g, Sugar 27g, Sodium 125mg, Protein 28g.

Ruby Raspberry Slaw

Serves 6

Source: tasteofhome.com

Ingredients

- 2C shredded red cabbage
- 3Tbsp mayonnaise
- ½C fresh raspberries
- ¼ C prepared raspberry vinaigrette (or use recipe below to make your own)
- 2C shredded green cabbage
- ¼ tsp black pepper
- 1C shredded carrots

Directions: In a large bowl, combine cabbages and carrots. In a small bowl, whisk vinaigrette, mayonnaise and pepper until blended. Add to cabbage mixture; toss to coat. Refrigerate, covered, 10 minutes. Top with raspberries

Nutrition: 3/4 C: Calories 122, Fat 11g, Saturated Fat 1g, Sodium 144mg, Carbs 6g, Sugar 2g, Fiber 2g, Protein 1g.

Fresh Raspberry Vinaigrette

Serves 6

Source: myrecipies.com

Ingredients

- ½C fresh or frozen (thawed) raspberries
- 2 Tbsp. red wine vinegar
- ¼ C canola oil
- 2 Tbsp. lemon juice
- 1 tsp sugar
- Pinch of salt

Directions: Place raspberries in a bowl and crush with a fork. Whisk the remaining ingredients until well blended. Cover and chill. Whisk just before serving.

Nutrition: 1 serving: Calories 90, Fat 9g, Saturated Fat 1.5g, Sodium 200mg, Carbs 4g, Fiber 0g, Sugar 1.5g, Protein 0.25g.

Blueberry-Balsamic Glazed Rosemary Chicken

Serves 4-6

Source: driscolls.com

Ingredients

- 2 Tbsp olive oil, divided
- 1 tsp salt
- ½C balsamic vinegar
- 4-6 boneless, skinless chicken breasts (or 2lbs of chicken thighs)
- 2 shallots, thinly sliced (about 1/4C)
- 2 Tbsp unsalted butter, divided
- 2 C blueberries
- ½C maple syrup
- 1 Tbsp rosemary, chopped

Directions: Preheat oven to 350°F. Heat 1 tablespoon each oil and butter in a large skillet. Season chicken with ½ teaspoon salt and ¼ teaspoon pepper and add to the pan when the oil and butter are hot and bubbly. Sear chicken breasts over medium-high heat until golden brown, about 1 minute per side or until a light crust forms. Remove to a baking dish and set aside. Add remaining olive oil and butter to the skillet and, when hot, stir in shallots and cook until soft and lightly caramelized, about 4 minutes. Add blueberries and cook 1 minute. Stir in vinegar, maple syrup, rosemary, remaining salt and pepper and simmer about 10 minutes, or until the blueberries have collapsed. Pour the blueberry balsamic mixture over chicken and put baking dish in the top half of the oven for about 10 minutes, until the chicken has cooked through to a temperature of 165°F.

Nutrition: 1 Serving= 1 Chicken Breasts: Calories 318, Fat 12g, Saturated Fat 4g, Carbs 25g, Fiber 1.5g, Sugar 19g, Protein 27.5g.

If you try any of these recipes and have any comments or suggestions, please contact the Nutrition Coordinators. Either email Amber (amberl@foodbankwma.org) or Mariah (mariahm@foodbankwma.org) and tell us what you think of the recipes!