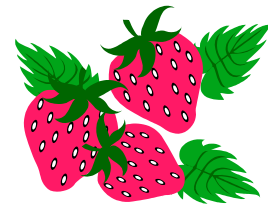


Spotlight On Strawberries

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Have you had strawberries this summer? Before it's too late, pick up a basket or two and add a rosy touch of summer to salads, snacks, drinks and desserts.

From Market To Home:

- ◆ Strawberries are picked ripe, so unripened fruit will not ripen further after picking. Select plump, brightly colored berries with fresh green caps. If packaged in a container, check the bottom for bruised, moldy or shriveled berries.
- ◆ Sort the berries before storing them, discarding any that are moldy or bruised. Without washing or hulling them, refrigerate in a covered container for 2 to 3 days.
- ◆ For longer storage, freeze strawberries. Wash and hull them as directed below. Pat them dry and place in a single layer on a baking sheet. Freeze until firm, then transfer to airtight freezer containers or bags. Freeze for up to 8 months.

From Cutting Board to Serving Dish:

- ◆ Wash strawberries before hulling them and just before using them to preserve flavor. Simply give them a quick, gentle rinse in cold water. Never soak berries in water or they can become waterlogged. Gently pat dry with paper towels.
- ◆ Hulling strawberries removes their green caps and inner white core. Use your fingertips to pull off the leafy caps and then cut off the soft white cores with the tip of a paring knife.
- ◆ Use an egg slicer to quickly and evenly slice washed and hulled strawberries. One pint yields about 2 cups sliced strawberries.

Good For You Strawberries

- ◆ Cholesterol and sodium free
- ◆ Excellent source of Vitamin C
- ◆ Good source of fiber

At the Table

- ◆ Toss sliced strawberries in salads or over bowls of your favorite cereal.
- ◆ Stir chopped strawberries into pancake or muffin batter.
- ◆ Sprinkle a tablespoon of sugar over a pint of sliced strawberries and let stand at room temperature for 30 minutes. Serve the syrupy strawberry sauce over scoops of ice cream.
- ◆ Dip whole, unhulled strawberries in melted semi-sweet baking chocolate. Place on waxed paper until chocolate sets.
- ◆ Garnish desserts with whole or sliced strawberries.

