



**Local**

# PICK OF THE MONTH

June 2016

## Sweet Strawberries

### Recipe

#### Berry breakfast yogurt

##### Ingredients

- 1/2 cup nonfat Greek yogurt
- 1/2 cup sliced strawberries
- 1/4 cup diced canned pineapple
- 2 Tbsp low-fat granola
- 1 tsp chia seeds (optional)

##### Directions

Place all ingredients in a small bowl and enjoy.

*Yields 1 serving.*

##### Nutrition information per serving:

*190 calories, 2.5g fat, 31g carbohydrates, 13g protein, 5g fiber*

*Recipe created by Athena Nofziger, RDN, LD, CHC, registered dietitian nutritionist at Samaritan Lebanon Community Hospital*

#### What's so great about strawberries?

- They've been labeled "America's favorite fruit"
- Packed with fiber, potassium, antioxidants and vitamin C — eight strawberries contain more vitamin C than an orange
- They're free of sodium, cholesterol and fat, and low in calories
- Strawberries may lower your risk of certain cancers and heart disease



#### What's the best way to eat them?

- Fresh is best, or buy frozen with no added sugar
- Serve as a snack
- Add to salads and smoothies
- Mix with other fruits for a healthy dessert

### Selection and preparation

<b>Selection</b> Look for deep, red berries. Once picked, they will not continue to ripen.	<b>Refrigerate</b> Strawberries will stay fresh in the refrigerator for up to two days.
<b>Preparation</b> Rinse with cold water, just before using. Do not soak. Remove hull.	<b>Cooking</b> No need to cook!



*Building healthier communities together*



**Check your local grocery store or fruit stand for fresh strawberries today!**