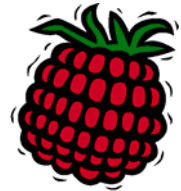




Berry Good Recipes



Strawberry Waldorf Salad Serves 10

1 6-ounce package strawberry gelatin 1 1/2 cup diced apples
1/4 cup sugar 1/2 cup sliced celery
1 1/2 cup boiling water 1/3 cup chopped walnuts (optional)
2 cups sliced fresh strawberries 1 cup low fat sour cream

1. Dissolve gelatin and sugar in boiling water; cool.
2. Add berries, apples, celery, and walnuts; mix well. Chill until almost jelly-like.
3. Fold in sour cream. Pour into 5-cup ring mold or other serving dish; chill until firm.

Nutrition Facts (per serving): Calories 160 ~ fat 6 g ~ calories from fat 50 ~ sodium 85 mg ~ total carbohydrate 26 g ~ fiber 1 g

Strawberries with Cinnamon Sauce Serves 4

1 cup low fat vanilla yogurt 5 cups strawberries, washed and hulled
2 teaspoons sugar 4 tablespoons nonfat whipped topping
1 teaspoon cinnamon

1. Blend yogurt, sugar and cinnamon until sugar completely dissolves.
2. Refrigerate sauce at least 2 hours.
3. Immediately before serving, slice strawberries into 4 dessert glasses.
4. Spoon cinnamon flavored sauce over strawberries. Top with whipped topping.

Nutrition Facts (per serving): Calories 130 ~ fat 1.5 g ~ calories from fat 10 ~ sodium 45 mg ~ total carbohydrate 26 g ~ fiber 4 g

Raspberry Parfait Serves 4

1 small package (3.5 oz.) chocolate pudding 2 teaspoons brewed coffee (optional)
2 cups minus 1Tbsp. skim milk 1/2 cup frozen raspberries
1 teaspoon vanilla 1/2 cup granola-type cereal
1/2 cup nondairy whipped topping

1. Prepare pudding with milk, coffee and vanilla.
2. Fill glasses with pudding and then a layer of granola cereal. Top with whipped topping.
3. Refrigerate. Top with slightly thawed raspberries before serving.

Nutrition Facts (per serving): Calories 210 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 420 mg ~ total carbohydrate 37 g ~ fiber 3 g

Blueberry Pancakes Serves 4

1 1/4 cup sifted all-purpose flour	1 egg, beaten
1 tablespoon baking powder	2 teaspoons melted margarine
1 tablespoon sugar	3/4 cup blueberries, thawed
1 cup skim milk	

1. Sift dry ingredients together.
2. Combine milk, egg, and margarine; add to dry ingredients stirring until just moistened.
3. Cook on hot greased griddle or skillet.
4. Flip pancake when bubbly and underside begins to brown.
5. Cook until other underside is brown.

Nutrition Facts (per serving): Calories 250 ~ fat 7 g ~ calories from fat 60 ~ sodium 460 mg ~ total carbohydrate 39 g ~ fiber 1 g

Carrot Cranberry Salad Serves 6.

2 cups shredded carrots	1/2 teaspoon salt
1/2 cup dried cranberries	1 tablespoon lemon juice
1/2 cup flaked coconut (optional)	2 teaspoons sugar
1/2 cup low-fat mayonnaise or fat free salad dressing	

1. Combine shredded carrots, cranberries and coconut in mixing bowl.
2. In a small bowl, combine mayonnaise, salt, lemon juice and sugar to make salad dressing.
3. Pour over carrot mixture and stir to coat all ingredients.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 3 g ~ calories from fat 25 ~ sodium 380 mg ~ total carbohydrate 17 g ~ fiber 3 g



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