

# Berries



Market  
Basket  
*of the month*

## Serving Ideas:

- Top cereal, oatmeal, pancakes or waffles with berries.
- Toss berries in a salad with baby leafy greens. If you choose, add pecans or sliced almonds.
- Stir berries into low-fat yogurt or cottage cheese.

## Tip:

- Use rinsed frozen blueberries in place of fresh ones in muffin and other baked dessert recipes.

## How to Store:

- Blueberries can stay fresh in the refrigerator for up to 2 weeks.
- All other berries will stay fresh in the refrigerator for about 3 days.
- To keep berries longer, freeze unwashed berries in a plastic “freezer bag” store in a freezer. Rinse and drain before eating or using in a recipe.

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# Blueberry Chicken Pasta Salad with Greens

Makes 4 servings

## Ingredients:

For the Salad:

- 1 1/2 cups fresh blueberries
- 3 cups cooked whole grain penne pasta (cooled)
- 2 cups cooked chicken breast (sliced)
- 4 cups leafy salad greens
- 1/2 cup red onion (chopped)
- 1 medium red bell pepper (chopped)

For the Blueberry Vinaigrette: (Or use a store bought berry vinaigrette salad dressing)

- 1/2 cup fresh blueberries
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 2 teaspoons honey
- 1/4 teaspoon salt

## Directions:

1. Blend vinaigrette ingredients in a blender or mix by hand with a whisk. Set aside.
2. In a medium size bowl, toss all ingredients with dressing.

**Weekly Meal Planning Tip:** When you're planning a dinner with chicken, cook up an extra chicken breast and refrigerate for use in this salad.

Source: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

# Overnight Oatmeal

Makes 4 cups

## Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple

## Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Scoop and serve oatmeal in serving bowls or "to go" containers.
5. Refrigerate leftovers within 2 hours.

Note: You can use any fresh or frozen fruit in place of the berries and apple.

Source: FoodHero.org

