

# Strawberries



Market  
Basket  
*of the month*

## Serving Ideas:

- Top yogurt, low-fat pudding, or ice cream with sliced strawberries.
- Toss strawberry slices in a salad with baby spinach and shredded cooked chicken.
- Add strawberry slices to drained, canned pineapple chunks.

## How to Store:

- Store strawberries in the refrigerator.
- Most strawberries will stay fresh in the refrigerator for about 3 days.
- To keep strawberries longer, store in a freezer:  
1) Rinse and remove the leaves; 2) Put whole or sliced strawberries in a "freezer bag" and squeeze out any air before closing the bag.

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# Strawberry Broccoli Orzo Salad

Makes 6 servings

## Ingredients:

3/4 cup orzo pasta (uncooked)  
2 cups fresh broccoli (chopped)  
2 cups fresh strawberries (diced)  
1/4 cup sunflower seeds

## Lemon Poppy Seed Dressing:

1 tablespoon lemon juice (fresh or bottled)  
2 tablespoons apple cider vinegar  
2 tablespoons olive oil  
1 teaspoon sugar (or honey)  
1 teaspoon poppy seeds (optional)

## Directions:

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed dressing and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

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

# Strawberry Swirl

Makes 2 cups

## Ingredients:

1 cup fresh or frozen strawberries, thawed  
1 cup (8 ounces) apple juice

## Directions:

1. Combine ingredients in blender and process until smooth.
2. Serve, or freeze for 1 to 2 hours to make a slushy.

## Notes:

If you don't have a blender, mash strawberries with a fork. Add juice and beat with an egg beater until fairly smooth.

Source: FoodHero.org

