



Mesclun Strawberry Salad



Makes: 6 servings

Prep time: 10 min.

- 8 ounces mesclun or spring salad mix
- 16 large strawberries, hulled and halved
- 3 tablespoons raspberry vinegar*
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon walnut oil
- 1 small shallot
- ½ cup thinly sliced fresh basil (if desired)
- ½ cup crumbled goat cheese (about 2 ounces)
- ¼ cup chopped walnuts, toasted in a dry skillet until golden brown

Place greens in a large bowl. In a blender, puree ½ of the strawberries with the vinegar, oils and shallot on low speed for 1 minute, or until smooth. Season with salt and freshly ground black pepper. Drizzle salad with half of the vinaigrette; toss well to coat. Arrange on a large platter. Slice remaining strawberries; sprinkle over salad with basil (if using), crumbled goat cheese and toasted chopped walnuts. If desired, serve remaining vinaigrette on the side.

Nutritional information per serving: 115 calories, 4 g protein, 6 g carbohydrate, 9 g fat (3 g saturated fat), 2 g fiber.

*Can't find raspberry vinegar? Use apple-cider vinegar instead.

Berry, Berry Healthy

Strawberries are low in calories and a fabulous source of immune-boosting vitamin C. Three ways to eat them morning, noon and night.

By Jackie Newgent, R.D.

Fast fact: Our favorite summer fruit—the strawberry—is a cousin to the rose. No wonder you should consider eating them by the dozen. Strawberries are a serious food source of disease-fighting antioxidants, not to mention a great way to get essential nutrients like vitamin C, potassium and fiber (thanks to those seeds!). Research suggests that eating strawberries daily may help protect the body from many forms of cancer, maintain a healthy heart and improve cognitive function. The smartest way to get a perfect berry is to pick it yourself, but if you can't do that, choose locally grown varieties, and make sure they're ripe. Size doesn't seem to matter as much as other features: bright color, fresh green caps and no green or white areas on the skin. The best berries have an intoxicatingly fruity scent.

5 Sweet Ideas

1. Toss sliced strawberries with balsamic vinegar. Enjoy over frozen yogurt.
2. Dip whole berries into low-fat sour cream, then brown sugar.
3. Mash berries and combine with reduced-fat cream cheese. Spread on whole-grain toast.
4. Dip whole, large, long-stemmed strawberries into melted high-quality semisweet or bittersweet chocolate.
5. Indulge in fresh strawberries with real cream at least once a season. (Isn't that what workouts are for?)

Grilled Chili-Lime Chicken with Strawberry-Avocado Salsa

30
MINUTES

 Makes: 4 servings
 Prep time: 30 min.

- Juice of 1½ limes (about 3 tablespoons), divided
- 1 tablespoon grapeseed or other mild-flavored vegetable oil
- 1 tablespoon mild-flavored honey (such as acacia or clover)
- 1 large clove garlic, minced
- 1¼ teaspoons chili powder, divided
- ½ teaspoon sea salt
- 4 boneless, skinless chicken breast halves (about 4 ounces each)
- 8 large strawberries, hulled and diced
- ½ avocado (preferably Haas), pitted, peeled and diced
- 1 medium white onion, diced (about ½ cup)
- 1 tablespoon finely chopped fresh cilantro

In a medium bowl, whisk together 2 tablespoons lime juice, oil, honey, garlic, 1 teaspoon chili powder and salt. Pour into large resealable plastic storage bag. Add chicken breasts; seal and toss well to coat. Place bag in a clean, shallow bowl on the bottom shelf of the refrigerator.** Chill 4 hours, or overnight, turning bag occasionally. Heat grill to medium-high for direct heat. Remove chicken from marinade; discard excess juices. Grill chicken 12 minutes, turning once, or until meat thermometer registers 170°F. Transfer to clean platter; let stand at least 5 minutes before slicing. Meanwhile, prepare salsa. In a small bowl, toss together strawberries, avocado, onion, cilantro and remaining lime juice and chili powder. Season with salt and freshly ground black pepper. Serve with chicken.

➔ **Nutritional information per serving:**
 219 calories, 27 g protein, 8 g carbohydrate, 9 g fat (2 g saturated fat), 2 g fiber.

**Safety tip: Placing the chicken on the bottom rack of the fridge, in a shallow bowl, protects against bacterial cross-contamination.



Whipped Strawberry Lemonade

2
MINUTES

 Makes: 2 servings
 Prep time: 2 min.

- 8 large strawberries, stems and leaves removed
- 1 cup sparkling mineral water, chilled
- Juice of 1 lemon (about 3 tablespoons)
- 2 tablespoons honey
- 4 large fresh mint leaves

In a blender, combine strawberries, sparkling water, lemon juice, honey and mint; cover and puree on low speed for 15 seconds, then on high speed for 1 minute. Serve with or without ice.

➔ **Nutritional information per serving:**
 89 calories, 1 g protein, 23 g carbohydrate, 0 g fat, 2 g fiber.



Buried in berries?

Consider freezing them. Rinse gently and arrange in a single layer to dry on a tray lined with paper towels, then freeze for one hour. Transfer to a zip-top plastic freezer bag and keep for up to 10 months.