Fruit of the Month
April 2017:
Strawberries

Strawberries are one of the most popular berries eaten worldwide. California grows the most strawberries in the U.S. Strawberries are an excellent source of vitamin c, a good source of manganese and folate and fiber. Research has shown that eating strawberries can help to reduce cardiovascular disease risk. They also contain phytochemicals that have anticancer properties. Strawberries are highly perishable and should only be purchased a few days before use. Choose berries that are firm, plump and shiny. Once picked, strawberries do not continue to ripen, so avoid strawberries that are dull in color or have green or yellow patches.

How to eat Strawberries:

- Strawberries are great eaten raw or frozen. Use frozen strawberries in a smoothie.
- For a healthy breakfast option, layer non-fat Greek yogurt with strawberries and top with granola.
- Eat strawberries raw for a quick and healthy snack or a sweet treat.

Spinach Strawberry Salad

Makes 5 servings
Ingredients:
- 1 pint strawberries
- 1/2 cup sliced almonds
- 2 ounces crumbled goat cheese
- 8 ounces baby spinach
For Dressing:
- 1/4 cup white wine vinegar
- 1/4 cup sugar
- 1 small shallot, diced
- 1 tbsp. poppy seeds
- 1/2 tsp. salt
- 1/2 tsp. ground mustard
- 1/4 cup olive oil

Directions:
1. Wisk together all of the dressing ingredients and set aside.
2. Hull and cut the strawberries in thin slices.
3. Toast almonds at 350 degrees F for 10-12 minutes.
4. In a large bowl, combine spinach, strawberries, almonds and goat cheese.
5. Drizzly on the dressing and toss lightly.

Nutrition Facts: 315 calories, 8g protein, 20g carbohydrate, 4g fiber, 15g sugar, 24g fat, 5g saturated fat, 9mg cholesterol, 382mg sodium.
Veggie of the Month
April 2017: Spinach

Spinach is a green leafy vegetable seen commonly in salad bars. You can buy it loose, frozen or packaged in bags. There are also different varieties of spinach, common ones found in local stores are the Savoy, which have curly and crinkly leaves and the flat leaved varieties.

Spinach is an excellent source of vitamin K, A, manganese, folate, magnesium, iron, copper, B vitamins, vitamin E, calcium, potassium and vitamin C. It is also a good source of fiber.

When purchasing, choose spinach with vibrant green leaves and stems with no signs of yellowing. Avoid wilted or bruised spinach.

How to eat Spinach:

- Baby spinach is a great, easy addition to pasta or rice dishes. Add just before serving and cover with a lid to allow the spinach to wilt.
- Add raw spinach to fruit smoothies, it will turn your smoothie green, but the fruit masks the flavor of the spinach.
- Spinach can be easily added to lasagna, omelets, salads, and soups.

Spinach and Egg Sauté

Ingredients:
8 eggs
1 bag baby spinach
1 pint mushrooms, sliced
1 oz. shredded parmesan
Salt and pepper to taste
1 tbsp. olive oil

Directions:
1. Heat a non-stick pan to medium heat add olive oil.
2. In a small bowl, whisk eggs until well combined.
3. Add mushrooms to the heated pan and sauté until slightly browned.
4. Add in eggs and allow to cook.
5. Separate cooked eggs and add in fresh baby spinach, mix in with the eggs and cover with the lid to allow the spinach to wilt.
6. Garnish with salt and pepper and grated parmesan.

Nutrition Facts: 213 calories, 5g carbohydrate, 2g fiber, 2g sugar, 14g fat, 5g saturated fat, 334 mg cholesterol, 292 mg sodium.