Strawberries

Strawberries are a good source of fiber, vitamin C and folate. Enjoy strawberries on pancakes, in a salad or on cereal.

Buying fresh strawberries...
- Select shiny, firm strawberries with a bright red color. Caps should be fresh, green and intact.

Storing fresh strawberries...
- Keep strawberries in the original container in the refrigerator. Do not wash them.
- Use fresh strawberries within 1 to 3 days.
- Freeze unwashed strawberries in a single layer on a cookie sheet. Once frozen, put them in a plastic bag or freezer container. Rinse just before using.

Enjoying fresh strawberries...
- Wash and cut stems off strawberries just before eating or using.

Eat more fruits and vegetables.
Increase fiber.
Strawberry Roll-up

This recipe uses three WIC foods: whole-wheat tortillas and two fruits you can buy with your cash-value vouchers.

Ingredients...
- 1 (7- to 9-inch) whole-wheat tortilla
- 2 tablespoons non-fat strawberry yogurt
- ½ cup strawberries, sliced
- ½ cup bananas, sliced

Directions...
1. Spread yogurt down middle of tortilla.
2. Put strawberries and bananas on top of yogurt.
3. Roll up and cut in half.

Nutrition information...
Calories 250, Fat 3.5g, Carbohydrate 48g, Protein 6g, Fiber 6g, Sodium 190mg, Cholesterol 0mg.

Strawberry Smoothie

This recipe uses two WIC foods: skim milk and a fruit you can buy with your cash-value vouchers.

Ingredients...
- ½ cup strawberries
- 1 cup low-fat vanilla yogurt
- ½ cup skim milk

Directions...
1. Put all the ingredients in a blender. Mix until smooth.
2. Serve immediately.

Nutrition information...
Calories 100, Fat 1.5g, Carbohydrate 14g, Protein 7g, Fiber 1g, Sodium 115mg, Cholesterol 10mg.