

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Blueberries

You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look for
Produce Of the Week



What fruit is the second most popular fruit in America?

BLUEBERRIES!

- Select fruit that is firm, dry, and plump
- Avoid fruit that is moldy or soft
- Avoid fruit that has insect damage or brown spots
- Fresh berries must be kept refrigerated to avoid mold and spoilage
- Berries can be kept for up to two days in the refrigerator
- Wait to wash berries until ready to eat or use in a recipe

Nutrition Facts:

- One cup is one serving
- One serving contains about 100 calories
- Good source of vitamin C and fiber

Did you know ?

There are at least 50 different varieties of blueberries

Blueberries are a member of the Ericaceae family of plants and are related to cranberries, azalea and rhododendrons

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 7



Day 2



Day 4



Day 6





Try these delicious, nutritious and healthy recipes!

Apple & Blue Quesadillas 4 servings

INGREDIENTS

2 apples, chopped	2 cups blueberries (fresh or frozen)
2 T sugar	4 whole wheat tortillas
1/2 cup Mozzarella cheese	1/2 cup fat-free Ricotta or Cottage cheese
2 T lemon peel	

DIRECTIONS

1. In a small sauce pot heat apples, blueberries, and sugar; bring to a boil, reduce heat and simmer for 10 minutes stirring occasionally.
2. Combine cheeses with lemon peel and set aside
3. Spread 1 T of fruit mixture on 1/2 of each tortilla; top with 1/4 of the cheese mixture. Place 1 T of fruit mixture on top of cheese and fold the tortilla over.
4. Cook on a skillet over medium high heat; cook on one side until toasted. Flip and cook until cheese is melted and tortilla is toasted. Serve (top with any remaining fruit).



Simple ways to enjoy blueberries:

Blueberries are a great snack on their own but can also be added to cereal, oatmeal, yogurt or pancake batter! Blueberries preserve well and are a very popular fruit to can.



Blueberry Sherbet 4 servings

INGREDIENTS

1 cup fat-free sour cream	1/2 teaspoon vanilla extract
3/4 cup sugar	3 cups fresh or frozen blueberries, thawed
1 tablespoon lemon juice	

DIRECTIONS

In a blender or food processor, combine all ingredients; cover and process until smooth. Press through a sieve; discard the blueberry seeds and skin. Freeze for 8 hours or overnight. Remove from the freezer 30 minutes before serving.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!