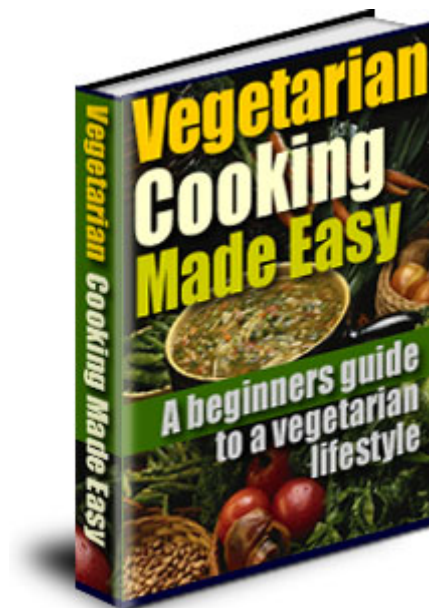


# VEGETARIAN COOKING

## MADE EASY



### Fruit Reference And Recipe Guide “Berries”

**BY: JENNIFER SCOTT**

## Berries



One of the nation's most well liked fruits; berries have origins in both Europe and here in the United States. The Native Americans were the first to incorporate berries into their diets and lifestyle. Today, berries are appreciated worldwide.

Berries signify summer and rightfully so, as the warmer months are the peak harvest for these fruits. Berries have traditionally included blueberries, strawberries, raspberries, and blackberries. However, there are other varieties that have since flooded the markets.

Many berries are suitable to eat raw and most types vary from 50 to 100 calories per serving if eaten raw. Berries are brimming with vitamin C, potassium, and fiber.

Strawberries		Blueberries	
Serving size 8 medium berries (147g)		Serving size 1 cup (145g)	
<b>Amounts Per Serving</b>	<b>% Daily Value</b>	<b>Amounts Per Serving</b>	<b>% Daily Value</b>
Calories 45		Calories 80	
Calories from Fat 0		Calories from Fat 1	
Total Fat 1g	0%	Total Fat 1g	1%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 0mg	0%
Total Carbohydrate 10g	3%	Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%	Dietary Fiber 4g	16%
Sugars 1g		Sugars 17g	
Protein 1g		Protein 1g	
Vitamin A	0%	Vitamin A	2%
Vitamin C	140%	Vitamin C	30%
Calcium	2%	Calcium	0%
Iron	4%	Iron	2%

<b>Raspberries</b>		<b>Blackberries</b>	
Serving size 1 cup (125g)		Serving size 1 cup (144g)	
<b>Amounts Per Serving</b>	<b>% Daily Value</b>	<b>Amounts Per Serving</b>	<b>% Daily Value</b>
Calories 60		Calories 70	
Calories from Fat 5		Calories from Fat 5	
Total Fat 1g	1%	Total Fat 1g	1%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 0mg	0%
Total Carbohydrate 14g	5%	Total Carbohydrate 18g	6%
Dietary Fiber 9g	36%	Dietary Fiber 8g	32%
Sugars 6g		Sugars 11g	
Protein 1g		Protein 1g	
Vitamin A	4%	Vitamin A	4%
Vitamin C	50%	Vitamin C	50%
Calcium	2%	Calcium	4%
Iron	4%	Iron	4%
<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>		<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>	

## Selection

In general, berries should be dry, firm, well shaped, and eaten within a week after purchase. If you can't eat them that soon, remember that berries freeze well! It's best to buy berries that are 'in-season' as they'll cost less and are more ripe and flavorful than 'out-of-season' berries.

Stay away from containers of berries with juice stains which may be a sign that the berries are crushed and possibly moldy; soft, watery fruit that means the berries are overripe; dehydrated, wrinkled fruit that means the berries have been stored too long.

Select blueberries that are firm, dry, plump, and smooth-skinned. Berries should be deep-purple blue to blue-black; reddish berries aren't ripe but can be used in cooking.

Select raspberries and blackberries that are unblemished dry, in an unstained container. Raspberries should be medium to bright red, depending on the variety. Blackberries should be shiny and black — avoid those that are dull or reddish. Moisture will increase spoilage, so the berries themselves should be relatively dry.

Shelf life for raspberries and blackberries is short, and they should be consumed within 2–3 days of purchase. Eat at room temperature for fullest flavor.

Currants should still be firmly attached to their stems.

Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking. Berries that are green or yellow are unripe and will taste sour.

## **Storage**

After purchasing berries, check the fruit and toss out any moldy or deformed berries. Immediately eat the overripe berries within 24 hours. Return the other berries back to the original container or they should be arranged unwashed in a shallow pan lined with paper towels, and washed just prior to use. The berries may be topped with a paper towel to absorb any additional moisture. Plastic wrap the entire container. This will ensure the fruit retains its freshness, but generally berries should be eaten within one week.

## **Freezing Berries**

Because berries have a short shelf life, an alternative to enjoy them year round is to buy them fresh and freeze them yourself. The secret to successful freezing is to use unwashed and completely dry berries before placing them in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic bags or freezer containers. Frozen berries should last approximately ten months to one year.

## **Preparation of Berries**

When you're ready to use the berries, go through the lot once more to sort out any undesirable fruit. Then, rinse, drain, and pat dry the fruit. Commercially frozen berries do not need to be 'cleaned' or thawed. If you froze your own berries, a quick rinse may be necessary.

## **Berry Helpful Hints**

- Blueberries tend to change color during cooking. Acids, like lemon juice and vinegar, make the blue in blueberries turn red. In an alkaline environment, such as a batter with too much baking soda, the blueberries may turn greenish-blue.
- To reduce the amount of color streaking, stir your blueberries (right from your freezer, if frozen) into your cake or muffin batter last.
- When making pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will make the pancakes

prettier and they'll be easier to flip. If frozen blueberries are used, cooking time may have to be increased to be sure the berries are heated through.

- Frozen raspberries and blackberries are available in grocery stores. Blackberries are available in 16 oz. poly bags, while raspberries are available in 12 oz. poly bags.
- A 12 oz. bag of whole frozen raspberries is equal to about 3 cups frozen berries.
- A 16 oz. bag of whole frozen blackberries is equal to about 3 cups frozen berries.
- Whole frozen berries destined for your baked goods should be used frozen. Gently fold into pies, cakes and muffins just prior to use.
- Store whole frozen berries in their unopened or tightly resealed packages in your freezer. If berries are to be served alone, thaw until they are pliable and serve partially frozen. Add sugar to taste — it brings out both the flavor and the luscious juices.



## Varieties

There are many types of berries from smooth-skinned varieties like blueberries, to berries that have fleshy segments like raspberries and blackberries. Strawberries are not considered a 'true' berry, as they do not grow from a flower ovary but from the base of the plant.

Blackberries have a similar appearance to raspberries, but they are larger, hardier, and have a dark purple to black color. In general for this berry, the more intense color, the more sweet the fruit. There are blackberry hybrids that include boysenberries, loganberries, and ollalieberries, which are all, tart tasting and primarily used in jams and pies. Blackberry peak season is June and July with harvesting beginning in May and ending in September.

Wild blueberries are smaller in size compared to their cultivated cousins. Blueberries have a protective light powdery coating on the skins and tend to last longer than other berry varieties. Nearly half of the cultivated blueberries grown are sold as fresh blueberries. Fresh blueberries are available for nearly eight months of the year from producers across the United States and Canada. North America is the world's leading blueberry producer, accounting for nearly 90% of world production at the present time. The North American harvest runs from mid-April through early October, with peak harvest in mid-May—August.



Currants are berries that look similar to grapes but are very tart. Because of their tartness, they are primarily used for jams and jellies. Red and white currants are grown domestically while the black currants are grown in Europe. Fresh currants are available July through August.



The most delicate of the berry family, raspberries have a similar structure to blackberries but have a hollow core. Therefore, this fruit requires delicate handling during preparation. Red raspberries are the most common type but there are also golden, amber, and purple berries all similar in taste and texture. Imported raspberries are from Chile, while most of the fruit comes from California. Raspberry season begins in June and lasts through October.

Perhaps the most popular of all the berries, strawberries have the most vitamin C of the berry family. Strawberries have been known since the time of the Greeks and Romans and cultivation of strawberries began in 1624. Commercial growing in America began about 1800 on the east coast of the United States. Strawberries moved west with the pioneers and now there are more than seventy varieties of strawberries, many of which are grown in California and Florida. This familiar fruit is usually available fresh year round with a peak from April to July.



### Make Berries Part of Your 5 A Day Plan

- Wake up with 5 A Day! Add sliced banana, blueberries, or raisins to cereal, yogurt, or oatmeal.
- Use fresh berries as a topping for ice cream, pancakes, and waffles.
- Add fresh blueberries to fruit salads and compotes or use them as an ingredient in muffins and pancakes.
- Combine raspberries with other fresh fruits for pretty salad presentations.
- Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes, and berries.
- Add fresh or frozen berries to your smoothies for a refreshing treat.

## Recipes

### Dessert Waffles With Spiced Blueberry Sauce

Serves 4

One 5 A Day serving

Source: Highbush Blueberry Council

#### *Ingredients*

2 cups fresh blueberries, divided  
3 Tbsp sugar  
1½ Tbsp cornstarch  
1 tsp ground cinnamon  
¼ to ½ tsp ground black pepper  
4 (4½ inch) fresh or frozen waffles  
4 scoops low fat vanilla frozen yogurt or low fat ice cream

In a small saucepan, combine half of the blueberries, the sugar, cornstarch, cinnamon, black pepper and 1/3 cup water. Over medium heat, bring to a boil: boil for 1 minute; remove from heat. Stir in remaining blueberries; cool. Toast waffles; place on dessert plates. Scoop frozen yogurt onto waffles; top with blueberry sauce.

Nutritional analysis per serving: Calories 267, Total Fat 4g, Calories from Fat 13%, Cholesterol 1mg, Fiber 4g, Sodium 270mg, Protein 5g.

### Blueberry-Filled Dutch Pancake

Serves 3

One 5 A Day serving

Source: Highbush Blueberry Council

#### *Ingredients*

1 Tbsp butter  
3 eggs  
½ cup skim or low fat milk  
1/3 cup all-purpose flour  
3 Tbsp sugar, divided  
1/4 tsp salt, optional  
1½ cups fresh or frozen blueberries (thawed and drained if frozen)  
¼ tsp ground cinnamon  
½ cup sliced bananas

Preheat oven to 450 F. Place butter in a 9-inch pie plate or a 9 or 10-inch ovenproof skillet.\* Melt butter in oven, about 5 minutes; tilt plate to coat evenly with butter. Meanwhile, in a medium bowl combine eggs, milk, flour, 1 Tbsp of the sugar and the salt until smooth. Pour batter into plate; bake for 8 minutes. Reduce heat to 375 F; bake until pancake is golden brown and sides are puffy, about 8 to 10 minutes longer. While that is baking, combine blueberries with the remaining 2 Tbsp sugar and the cinnamon in a small bowl.

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Remove pancake from oven; scatter bananas over pancake. Spoon blueberries over bananas. Cut into wedges; serve immediately.

\*To make handle ovenproof, wrap completely with aluminum foil.

Note: For more servings, double all ingredients; bake in 13 x 9 x 2-inch baking pan about 20–25 minutes at 425°F.

Nutritional analysis per serving: Calories 313, Fat 10g, Calories from Fat 28%, Cholesterol 257mg, Fiber 3g, Sodium 336mg, Protein 11g.

### **Blueberry Crumble**

Serves 6

One 5 A Day serving

Source: Highbush Blueberry Council

#### *Ingredients*

4 cups fresh or thawed, frozen blueberries  
1 to 2 Tbsp sugar  
3 packages (1.5 ounces each instant oatmeal with maple and brown sugar)  
3 Tbsp butter, softened

Preheat oven to 375° F. In a 9-inch pie plate, toss blueberries with sugar. In a small bowl, combine oatmeal and butter until mixture forms coarse crumbs; sprinkle over blueberries. Bake until mixture bubbles around the edge and topping is light brown, 30 to 35 minutes.

Nutrition information per serving: Calories 210, Fat 7g, Calories from Fat 29%, Cholesterol 15mg, Fiber 5g, Sodium 185mg, Protein 3g.

### **Blueberry Tortilla Pizza**

Serves 4

One 5 A Day serving

Source: Highbush Blueberry Council

#### *Ingredients*

½ cup ricotta or whipped low fat cream cheese  
1 Tbsp confectioners sugar  
1 pint fresh blueberries  
½ cup sliced strawberries  
1 large (10-inch) flour tortilla  
1 Tbsp butter, melted  
2 tsp cinnamon sugar  
¼ cup toasted shredded coconut, divided\*

Preheat broiler. In a small bowl, combine ricotta cheese and confectioners sugar; set aside. In another small bowl, combine blueberries and strawberries. Arrange tortilla on a broiler pan; brush with butter and sprinkle with cinnamon sugar. Broil about 6 inches from heat source, until lightly browned, about 3 minutes. Cool slightly. Spread

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ricotta mixture on the tortilla; top with blueberry mixture and then sprinkle with coconut.

\*To toast coconut, place in a skillet over moderate heat until pale gold, stirring constantly.

Nutrition information per serving: Calories 174, Fat 5g, Calories from Fat 30%, Cholesterol 10mg, Fiber 4g, Sodium 103mg, Protein 5g.

### **Marinated Blueberries And Tropical Fruits**

Makes 6 1/2 cup servings

Two 5 A Day servings

Source: Highbush Blueberry Council

#### *Ingredients*

1/4 cup firmly packed light brown sugar

1/2 cup orange juice

2 cups fresh blueberries

2 cups fresh or canned pineapple chunks

1 mango, peeled, pitted and cubed (about 1 1/2 cups)

1 kiwi, peeled, halved lengthwise and thinly sliced (about 1/2 cup)

In a microwaveable bowl, combine brown sugar, orange juice and orange liqueur, if desired. Microwave on high 1 minute. Stir until sugar is completely dissolved. Or, in a medium saucepan combine sugar, orange juice and orange liqueur. Cook and stir over very low heat until sugar is dissolved. In a large bowl, combine blueberries, pineapple, mango and kiwi. Stir in sugar-orange juice mixture until blended. Serve alone, as a dessert or over sorbet, sponge cake or frozen yogurt.

Nutrition information per serving: Calories 142, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Fiber 3g, Sodium 9mg, Protein 1g.

### **No Crust Strawberry Pie**

Serves 8

One 5 A Day serving

Source: Unknown

#### *Ingredients*

3 cups fresh strawberries

1 (2.1 ounce) package sugar-free cook and serve vanilla pudding mix

1 (.6 ounce) package sugar-free strawberry flavored gelatin

2 cups water

Rinse and hull strawberries. Distribute evenly in a 10-inch pie pan. In a medium saucepan combine pudding mix, gelatin mix, and water. Stir well and bring to a full boil. Pour mixture over strawberries and refrigerate for 4 to 6 hours. Top with light or low fat frozen whipped topping prior to serving, if desired.

Nutrition information per serving: Calories 58, Fat 0.3g, Cholesterol 0mg, Fiber 2g, Sodium 187mg, Protein 1.7g.

### **Strawberry Breakfast Salsa**

Serves 4

Two 5 A Day servings

Resources: PBH/California Strawberry Advisory Board

#### *Ingredients*

1/3 cup apricot jam

3 Tbsp water

1 tsp cinnamon

2 pint baskets of strawberries, stemmed and cut into 1/4-inch dice

In medium bowl whisk jam, water and cinnamon; add strawberries. Toss gently to combine. Serve salsa over pancakes, waffles, French toast, hot cereal, or mix into plain yogurt.

Nutrition information per serving: Calories 147, Fat 1g, Calories from Fat 6%, Cholesterol 0mg, Fiber 4g, Sodium 7mg.

### **Potato Raspberry Delight**

Serves 4

One 5 A Day serving

Source: Maine Potato Board

#### *Ingredients*

2/3 cup light margarine

1 cup sugar

Egg beaters equivalent to 2 eggs

1 cup mashed Maine potatoes

1 tsp vanilla

2 cups of flour

1/4 cup cocoa

1 tsp baking soda

1 cup skim milk

1 cup raspberries

2 Tbsp cornstarch

1 tsp lemon juice

1 container fat free whipped topping

Cream margarine and 3/4 cup sugar until fluffy. Add eggs. Blend in potatoes and vanilla. Combine flour, cocoa, baking soda and add alternately with milk. Blend well. Pour in 2, 8" round pans. Cook at 350 degrees for 30 minutes. Cool.

Raspberry topping: Heat berries, add 1/4 cup sugar and cornstarch. Bring to a boil and continue cooking to clear and thickened. Stir constantly. Spread topping on one cake. Freeze remaining cake for later. Finish with whipped topping.

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Nutrition information per serving: Calories 259, Fat 7g, Calories from Fat 24%, Cholesterol 1mg, Sodium 199mg, Protein 5g.

### **Fresh Raspberry 'N' Grapefruit Finale**

Serves 6

One 5 A Day serving

Source: Produce for Better Health/Sunkist, Inc.

#### *Ingredients*

3 Ruby grapefruit, peeled and sectioned  
1 basket (6 oz) raspberries  
3 - 4 Tbsp raspberry-flavored vinegar  
3 - 4 Tbsp light corn syrup  
Fresh mint leaves (optional)

In a serving bowl, arrange layers of grapefruit sections and raspberries. Stir together vinegar and corn syrup; pour over fruit. Cover and chill briefly. Served in glass dishes and garnished with mint, makes for an elegant presentation.

Nutrition information per serving: Calories 90, Fat 1g, Calories from Fat 3%, Cholesterol 0mg, Fiber 3g, Sodium 15mg.

### **Apple Raspberry Salad**

Serves 8 (1/2 cup servings)

One 5 A Day serving

Source: Produce for Better Health/Michigan Apple Committee

#### *Ingredients*

1 pkg (3 oz) raspberry flavored gelatin  
1 cup boiling water  
1 pkg (10 oz) frozen raspberries or 1 cup fresh raspberries  
1½ cup chopped, unpeeled apples (suggested: Empire, Ida Red, Jonathan, McIntosh, Red Delicious, Rome)  
1 cup unsweetened applesauce  
¼ cup broken pecan pieces  
½ cup celery, sliced

In 2-quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set.

Nutrition information per serving: Calories 99, Fat 3g, Calories from Fat 29%, Cholesterol 0mg, Fiber 2g, Sodium 13mg.