

HARVEST of the MONTH at home

Strawberry Spinach Salad



INGREDIENTS

- 2 TB balsamic vinegar
- 1 tsp Dijon mustard or creole mustard
- 1/3 cup olive oil
- 1 pint ripe strawberries, quartered
- 16 ounces fresh spinach
- 1/4 cup red onion, thinly sliced
- salt & black pepper

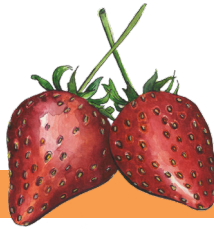
DIRECTIONS

1. For the vinaigrette, combine the vinegar, oil, mustard, and a little salt and pepper to taste.
2. Whisk or shake in a jar until emulsified.
3. Taste the dressing, and adjust to your liking.
4. For the salad, combine the strawberries, onions and spinach in a large bowl and season with salt and pepper.
5. Toss gently with the dressing just before serving.

Source: Food.com

HARVEST of the MONTH at home

Strawberry Muffins



INGREDIENTS

- 2 cups all purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 large egg
- 3/4 cup milk (low fat or whole cow's milk, almond, rice or soy milk will work)
- 1/4 cup vegetable or canola oil
- 1/2 cup honey or agave nectar
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 1/2 cups strawberries, chopped

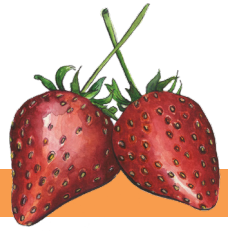
DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a bowl, combine the first 3 ingredients.
3. In a separate bowl, whisk egg and add milk, oil, honey, vanilla, and lemon zest and stir.
4. Using a standing mixer or hand mixer, slowly combine the dry ingredients with the wet until incorporated (try not to over mix the batter).
5. Add the strawberries to the batter and slowly combine.
6. Line or grease muffin tins and fill 2/3 of the way with batter.
7. Bake for 20 minutes or until toothpick tester comes out clean.

Source: Weelicious

HARVEST of the MONTH at home

Strawberry Agua Fresca



INGREDIENTS

- 3 cups fresh (or unsweetened frozen) strawberries, hulled
- 3 cups cold water
- 1 teaspoon fresh lime juice or vanilla extract
- 1 tablespoon honey, real maple syrup, or sugar

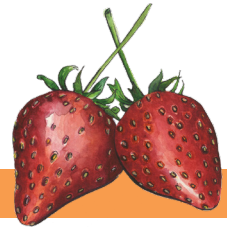
DIRECTIONS

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute.
3. Serve right away (with ice cubes if you like), or cover and refrigerate up to 2 days.

Source: Chop Chop Magazine

HARVEST of the MONTH at home

Strawberry Quinoa Breakfast Bowl



INGREDIENTS

- 1 cup quinoa, uncooked
- 2 cups milk (dairy or non-dairy)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoon honey
- 1/4 cup almonds, sliced (optional)
- 1 cup strawberries

DIRECTIONS

1. Cook quinoa as directed on package.
2. While it cooks, add milk, cinnamon, nutmeg, and honey to a separate pan. Heat over low, whisking until warm. Remove from heat.
3. Add quinoa, milk mixture, almonds, and sliced strawberries to 4 bowls.
4. Serve hot.

Source: Super Healthy Kids