



Quick Bites — Blueberries

The blueberry is one of the few fruits native to North America. Native Americans used the berries and parts of the plant for medicine. Today, blueberries have a rockstar reputation among fruits; one popular claim is that blueberries help reduce age-related memory loss. It's too early to know whether that's true, but we do know they contain powerful phytochemicals called anthocyanins, which give these berries their blue color.



What's in Blueberries?

Blueberries are an excellent source of vitamins C and K, manganese and a good source of dietary fiber. Blueberries are among the fruits highest in antioxidant power, largely due to their many phytochemicals: Anthocyanins, catechins, quercetin, kaempferol and other flavonoids Ellagitannins and ellagic acid Pterostilbene and resveratrol

In the Kitchen

- Choose firm, plump, dry blueberries with dusty blue color. Avoid berries that are soft, shriveled or with any sign of mold.

- Buy frozen blueberries too. These also are high in nutrients and antioxidant phytochemicals.
- Treat yourself to wild blueberries with even more antioxidant power than the more common cultivated blueberries.

Store:

- Refrigerate blueberries for up to 10 days.
- Wait to wash until ready to eat.

Prepare:

- Whirl blueberries alone or with other fruits into a smoothie or fruit freeze drink.
- Top cereal or yogurt with fresh or dried blueberries.
- Add blueberries to a green salad.
- Blueberries play well with other fruits! Alone or in combinations, enjoy them in muffins, pancakes, and fruit crumble or crisp desserts.

- From AICR Health Talk - www.aicr.org

Nutrition Facts: Blueberries

Serving Size: 140 grams (1 cup)

Calories per serving: 84 calories

Excellent Source* Good Source**

Vitamin C Fiber

Vitamin K

Manganese

* ≥ 20% Daily Value

** ≥ 10% Daily Value



Blue and White Salad

A colorful, healthful main-course salad that's brightened with a handful of blueberries is a satisfying but light summer meal.

Ingredients:

2 Tbsp. raspberry-flavored or blueberry- flavored vinegar
 1/4 cup fat-free, reduced-sodium chicken broth
 2 Tbsp. extra virgin olive oil
 1 tsp. mild-flavored honey
 1/2 tsp. fresh mint leaves, finely minced
 1 cup plus 10 fresh blueberries
 8 cups torn, mixed salad greens
 2 oz. crumbled reduced-fat feta cheese

Directions:

To make the vinaigrette, place in a blender the vinegar, broth, oil, honey, mint and 10 blueberries. Blend at low speed just until emulsified. Transfer to a jar with a tight lid and refrigerate until needed. Store chilled, vinaigrette will keep up to 2 to 3 days.

Just before serving time, toss mixed greens and remaining blueberries in a large bowl. Shake vinaigrette until thoroughly re-blended, drizzle over salad and toss lightly. Sprinkle crumbled feta over top and serve.

Makes 4 servings. Per serving: 134 calories, 9 g. total fat (2 g. saturated fat), 12 g. carbohydrate, 5 g. protein, 4 g. dietary fiber, 252 mg. sodium.

*For more information:
 Karla Bailey, R.D.
 601.485.5081*