

What's Cooking?

with Florida Nutrition Ed



FLORIDA
NUTRITION ED
A program of Feeding Florida



Produce Pickins: Blueberries



- ✓ Tiny but powerful! Blueberries are packed with antioxidants, which help protect your body's cells and support overall health.
- ✓ Brain-boosting berries. Blueberries have nutrients that may help support brain health and memory, making them a smart snack choice.
- ✓ These bite-sized berries are perfect for snacking, adding to yogurt, oatmeal, smoothies, or salads—no peeling or cutting needed!

Blueberries, Fresh		
Nutrition Facts		
Serving Size: 1 cup, whole pieces — 148g		
Amount Per Serving		% Daily Value*
Calories	84.4 kcal	4 %
Total Fat	0.5 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrate	21.6 g	7 %
Dietary Fiber	3.6 g	14 %
Sugars	14.7 g	
Protein	1 g	2 %
Vitamin A	0 %	Vitamin C 20 %
Calcium	2 %	Iron 3 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tips From FL Nutrition Ed

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel. For softer fruits, like blueberries, allow the berries to air dry on a clean towel and then store in an airtight container in the refrigerator to **prevent mold and extend their shelf life!**



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Corn, Blueberry and Wild Rice Salad



Ingredients:

- 2 tablespoons Lemon Juice about 1/2 lemon
- 2 tablespoons Olive Oil
- 2 teaspoons Honey
- 1/2 teaspoon Ground Cumin
- 1 teaspoon Salt
- 1 1/2 cups Corn Fresh or frozen
- 1 cup Blueberries fresh or frozen
- 1 cup Wild Rice or 1 cup Brown Rice
- 1 Cucumber finely diced
- 1/4 cup Red Onion finely diced or 1/4 cup Scallions finely diced
- 1/4 cup Cilantro Fresh, chopped

Directions:

1. Make the dressing: In a large serving bowl, combine lemon juice, olive oil, honey, cumin, and salt. Whisk together with a fork.
2. Add corn, blueberries, rice, cucumber, onion, and cilantro. Stir together all ingredients to coat them evenly with dressing.
3. Serve immediately, or cover and refrigerate 1 hour to let flavors meld.
4. In a medium saucepan, bring water to a boil. Mix in wild rice and 1/2 teaspoon salt and bring back to a boil. Reduce heat to low, cover, and simmer until rice is tender and water is absorbed, about 45 minutes.



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