

Strawberry Rhubarb Crisp

2 cups rhubarb, sliced
1 cup strawberries, sliced
1/3 cup sugar
1 tablespoon flour

Topping:

1/3 cup quick cooking oatmeal
1/8 cup flour
1/8 cup packed brown sugar
1/4 teaspoon cinnamon
1-2 tablespoons butter
or margarine

Combine sliced fruit, sugar and flour. Place in a greased baking pan (or microwave dish). Combine topping, mix until crumbly. Sprinkle mixture over fruit.

OVEN: Bake at 350 degrees for 30-40 minutes.

MICROWAVE: Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

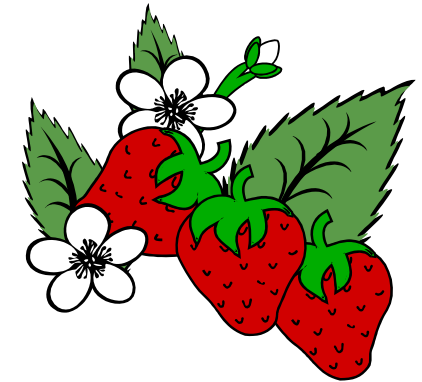
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Fresh-from-the-Farm:

Strawberries

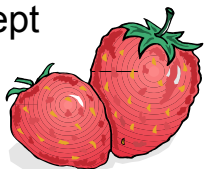


Washington WIC & Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

Selection & Preparation

- ◆ Choose plump strawberries that feel firm with bright red color and a natural looking shine.
- ◆ Avoid strawberries that have green or white patches or that feel or look mushy, shriveled or are leaking liquid.
- ◆ They should be kept refrigerated and used within 2-3 days.
- ◆ Avoid storing strawberries in plastic bags.
- ◆ Wash berries well in cold water just before using. Remove stem caps after washing.
- ◆ Eat plain, sprinkled on your cereal or oatmeal, or mix in with yogurt.
- ◆ Delicious on pancakes and waffles.



Nutrition Facts

Serving Size: 1/2 cup sliced strawberries

Amount Per Serving

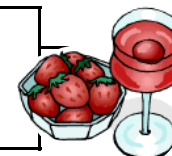
Calories 45

	% Daily Value
Total Fat	0%
Saturated Fat	0%
Sodium	0%
Total Carbohydrate 6 g	2%
Dietary Fiber 2 g	8%
Sugars 4 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	80%
Calcium	2%
Iron	2%
Folate 15 mcg	4%
Potassium 138 mcg	

Key Nutrients

- ❖ **Vitamin C** - supports healthy gums, skin and blood.
- ❖ **Fiber** - to prevent constipation, control blood sugar and fiber may lower blood cholesterol.
- ❖ **Phytonutrients** - are what gives strawberries their red color. These compounds help maintain memory, a healthy heart and may lower the risk for some cancers.

Fruit Parfait *Makes 2 servings*



- 1/2 cup strawberries, sliced
- 1/2 cup apples, chopped
- 1 banana, sliced
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat granola or Grape Nuts

1. In a bowl, layer the ingredients. Start with two layers of fruit, then the yogurt, then granola or Grape Nuts and then another layer of fruit.
 2. Top with granola.
- ☺ Makes a great breakfast or snack.
 - ☺ Try using other fruit.

