

Blueberries

Key Points

- For the best buy, choose fresh blueberries that are firm and not wrinkled.
- To prepare fresh blueberries, rinse and remove the stems.
- To store fresh blueberries, refrigerate for up to 3 days.
- Blueberries contain vitamin A, which is good for healthy eyes and skin.



Blueberry Thyme Fruit Salad

Ingredients:

- 1 cup blueberries
- 5 peaches or nectarines
- 1 tablespoon chopped fresh thyme
- 2 teaspoons grated ginger
- ¼ cup lemon juice
- 1 teaspoon grated lemon peel
- 1 tablespoon sugar

Directions:

1. In a large bowl, combine all ingredients. Add ¼ cup water and mix well.
2. Refrigerate for 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

Makes 5 servings.

Adapted from www.simplyrecipes.com

Blueberry Grape Relish

Ingredients:

- 2 cups blueberries
- 2 cups seedless red grapes
- 1 tablespoon honey
- 1 tablespoon finely chopped peeled fresh ginger
- 1 teaspoon finely chopped fresh rosemary
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

Directions:

1. In a large frying pan over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary, and vinegar.
2. Bring to a boil then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings.

Adapted from marthastewart.com

Quick Tips

- Sprinkle on breakfast cereal or low-fat yogurt.
- Place fresh blueberries in a bag for a quick take-along snack!
- Buy blueberries in-season and freeze them to enjoy year round.
- Remember to rinse all fruits and vegetables before using.



For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

Arándanos

Puntos Claves

- Para comprar los mejores arándanos, elija arándanos frescos y firmes, sin arrugas.
- Para prepararlos, lávelos y quíteles los tallos.
- Si desea guardarlos frescos, los puede refrigerar por hasta 3 días.
- Los arándanos contienen vitamina A, que contribuye a mantener la vista y la piel saludables.



Ensalada de frutas de arándanos y tomillo

Ingredientes:

- 1 taza de arándanos
- 5 duraznos o nectarinas
- 1 cucharada de tomillo fresco picado
- 2 cucharadas de jengibre rallado
- ¼ de taza de jugo de limón
- 1 cucharadita de cáscara de limón rallada
- 1 cucharada de azúcar morena

Instrucciones:

1. En un recipiente grande, mezcle todos los ingredientes. Agregue ¼ de taza de agua y mezcle bien.
2. Lleve al refrigerador por 1 hora.
3. ¡Sirva y disfrute!
4. Coloque lo que sobre en el refrigerador.

Rinde 5 porciones.

Adaptada de www.simplyrecipes.com

Delicia de arándanos y uvas

Ingredientes:

- 2 tazas de arándanos
- 2 tazas de uvas rojas sin semillas
- 1 cucharada de miel
- 1 cucharada de jengibre picado
- 1 cucharadita de romero picado
- 2 cucharadas de vinagre de vino tinto
- Sal y pimienta al gusto

Instrucciones:

1. En una sartén grande a fuego medio-alto, mezcle los arándanos, las uvas, la miel, el jengibre, el romero y el vinagre.
2. Haga hervir, luego reduzca el fuego a intensidad baja y cocine lentamente por 15 minutos.
3. Retire la sartén del fuego y condimente con sal y pimienta.
4. ¡Sirva y disfrute!
5. Coloque lo que sobre en el refrigerador.

Rinde 10 porciones.

Adaptada de marthastewart.com

Consejos rápidos

- Mézclelos con cereal o yogur bajo en calorías para el desayuno.
- ¡Coloque arándanos frescos en una bolsa y llévelos para un refrigerio rápido!
- Compre arándanos durante la temporada y congélelos para disfrutarlos todo el año.
- Recuerde lavar todas las frutas y los vegetales antes de usarlos.