

May Produce Guide

Warmer weather brings fresh seasonal produce like:

- Strawberries
- Asparagus
- Cauliflower
- Rosemary
- Lettuce
- Spinach
- Mushrooms
- Chives
- Rhubarb

The recipe below features strawberries. Here are health facts and tips for storing, selecting, and preparing this berry:

- Great source of Vitamin C and other antioxidants.
- Strawberries have soluble fiber, which helps to lower “bad cholesterol” levels.
- The only fruit with seeds on the outside of their skin.
- Store in the refrigerator. They can also be frozen for long term storage.
- Strawberries are actually a member of the rose family!



Overnight Oatmeal with Strawberries

Serves 1, 8 hours to overnight

- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoon honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup strawberries, fresh or frozen

Instructions:

- 1) Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
- 2) Add oats to mixture and combine well.
- 3) Gently mix in raspberries with a spoon.
- 4) Cover and refrigerate 8 hours to overnight.
- 5) Enjoy cold or heat as desired

