

Superfood of the Month: Strawberries

This section highlights a “Super Food” and a new recipe to add this Super food to your diet!

A **super food** describes a food high in naturally-occurring chemical compounds that research has shown to promote optimal health.

STRAWBERRIES

Quick Facts:

- One of the world’s most nutrient-rich foods.
- Excellent source of Vit C; 8 strawberries provide more Vit C than an orange
- Vitamin C is essential for in neurotransmitter synthesis to ensure normal brain function
- Full of cholesterol-lowering antioxidants that guard against chronic conditions. High cholesterol is known to contribute to heart disease
- Provide some folate. Folate lowers homocysteine levels. High levels of homocysteine may damage nerve cells.



FRUIT SALSA AND CINNAMON CHIPS

Serves 4

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples—peeled, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 1 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavour
- 10 (10 in.) flour tortillas
- 1/4 cup melted margarine
- 2 cups cinnamon sugar

Directions

In a large saucepan, combine the fruit, sugars and fruit preserves. Cover and chill for 15 mins.

Preheat oven to 350 degrees F (175 degrees C). Coat one side of each flour tortilla with melted margarine. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with cinnamon-sugar and brush on more melted margarine.

Bake in preheated oven 8 to 10 mins. Serve with chilled fruit mixture.

Nutritional Analysis

Serving size: 1 cup

Calories	72	Cholesterol	1 mg
Protein	3 g	Sodium	241 mg
Carbohydrate	12 g	Fiber	2 g
Total fat	1 g	Potassium	199 mg
Saturated fat	< 1 g	Calcium	78 mg
Monounsaturated	< 1 g		

