



Harvest of the Month

Blueberry



FUN FACTS:

Known as one of "nature's convenience foods," blueberries require no peeling, hulling or pitting.

The darker the color, the sweeter the taste.

Native to North America, the U.S. is the world's largest producer of blueberries, harvesting over 550 million pounds a year of wild and cultivated blueberries.

Blueberries are nutrition powerhouses. They are packed with disease-fighting antioxidants and nutrients, and have a low glycemic index.

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Functional Food

Functional foods are foods that have a potentially positive effect on health beyond basic nutrition. Proponents of functional foods say they promote optimal health and help reduce the risk of disease.

A familiar example of a functional food is oatmeal because it contains soluble fiber that is proven to help lower cholesterol levels. Some foods are modified to have health benefits, such as orange juice that's been fortified with calcium for bone health.

Other examples of Functional Foods:

- **Fruits:** berries, kiwi, pears, peaches, apples, oranges, bananas
- **Vegetables:** broccoli, cauliflower, kale, spinach, zucchini
- **Nuts:** almonds, cashews, pistachios, macadamia nuts, Brazil nuts
- **Seeds:** chia seeds, flax seeds, hemp seeds, pumpkin seeds
- **Minimally processed whole foods, fortified, enriched, or enhanced foods**

Visit our cafeteria today and enjoy the large variety of functional food options.

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—MAY ~ featuring Blueberries ~

Homemade Lemon Blueberry Ice Cream

Yield: 8 servings

- 2 cups cold heavy cream
- 1 14- oz. can sweetened condensed milk
- 1 tsp lemon extract
- 1 cup frozen or fresh blueberries
- ½ lemon sliced (to garnish)

1. With a mixer, beat heavy whipping cream until thick. Pour in sweetened condensed milk and lemon extract; fold in until smooth.
2. Next, pour half the ice cream into a freezer safe container. Top with half of the blueberries. Repeat with another layer and top with the remaining blueberries and slices of lemon.
3. Freeze for 5-6 hours or overnight. When it is time to serve, remove from freezer and let sit on the counter to soften for 5-10 minutes before serving.

Enjoy!

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NUTRITION SNAPSHOT ~ 1 serving (8 oz):
410calories, 24g total fat, 16g saturated fat
100mg cholesterol, 5g protein, 1g dietary fiber
42g carbohydrates, 99mg sodium

