

Strawberry Shortcake



INGREDIENTS

Servings: 6

- 1 pound fresh strawberries, sliced
- $\frac{1}{4}$ cup sugar
- 6 shortcakes or biscuits
- Whipped cream

DIRECTIONS

- Toss sliced strawberries with sugar and let sit for 20-30 minutes.
- Split each shortcake in half.
- Layer strawberries and whipped cream between the halves
- Top with more strawberries and whipped cream before serving.

Strawberry Spinach Salad



INGREDIENTS

Servings: 4

- 5 oz. baby spinach
- 2 cups sliced strawberries
- ¼ cup crumbled feta cheese
- ¼ cup pecans or walnuts
- ¼ cup sliced red onion (optional)

Dressing

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- Salt and pepper to taste

DIRECTIONS

- Whisk together dressing ingredients.
- Combine spinach, strawberries, cheese, nuts and onion.
- Toss with dressing just before serving.

Strawberry Smoothie



INGREDIENTS

Servings: 2

- 2 cups fresh strawberries
- 1 banana
- 1 cup vanilla yogurt
- ½ cup milk
- 1 tbsp honey (optional)
- Ice (if using fresh fruit, but is optional)

DIRECTIONS

- Blend all ingredients until smooth.
- Serve immediately.

Homemade Strawberry Jam



INGREDIENTS

Makes roughly 3 half-pint jars

- 2 pounds fresh strawberries
- 4 cups sugar
- $\frac{1}{4}$ cup lemon juice

DIRECTIONS

- Crush strawberries.
- Combine strawberries, sugar and lemon juice in a large pot.
- Bring to a rolling boil, stirring often.
- Continue cooking until the jam thickens (about 20-30 minutes).
- Pour into sterilized jars or refrigerate after cooling.