



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Berry Benefits are Sweet!



Berries contain fiber and large amounts of vitamins A, C and E, which act as antioxidants and may reduce inflammation within the body. More specific research is needed to decide what antioxidants have which specific health benefits. But even without this definitive information, there is great value to eating more fruits and vegetables (including berries). Pair them with walnuts, which are an excellent source of Omega-3 ALA and protein. Try these simple recipes from **California Walnuts** to fit in more berries and walnuts – they're a powerful combination to add to meals and snacks.

## Berry Walnut Tortilla Stacks

### Ingredients:

- 8 small flour tortillas
- 6 Tbsps. low-fat cream cheese, softened
- 6 Tbsps. chopped California walnuts
- 2/3 cup strawberries, thinly sliced
- 1/2 cup blueberries

### Directions:

1. Spread 1 Tbsp. of cream cheese on top of six flour tortillas.
2. To build the tortilla stacks, sprinkle the first tortilla with an even layer of chopped walnuts, sliced strawberries, and blueberries.
3. Layer another tortilla with cream cheese on top of the first tortilla, then sprinkle with walnuts, sliced strawberries and blueberries. Repeat once more with a third tortilla, then finish the stack with a plain tortilla on top. Press down firmly to compress the ingredients.
4. Repeat steps 1-3 with the remaining four tortillas, which will make a total of two stacks.
5. Cut each stack into 8 wedges and serve. Yields 8 servings.



## Red, White and Blueberry S'Mores

### Ingredients:

- 8 graham cracker squares (4 full sheets halved)
- 1/4 cup marshmallow creme
- 1/3 cup strawberries, sliced
- 20 blueberries
- 2 Tbsps. California walnuts, chopped
- 1-1/2 Tbsps. white chocolate, chopped or grated

### Directions:

1. Place four graham cracker squares on a board and spread each with 1 Tbsp. marshmallow cream.
2. Top with equal amounts of strawberries, blueberries, walnuts and white chocolate.
3. Top with another graham cracker square and serve immediately.



Recipes and images from California Walnuts ([Walnuts.org](http://Walnuts.org)).