Dietitian's Dish

Resolve to Enjoy a Berry Delicious New Year!

Did you know…?

✓ *Blackberries and raspberries have 8 grams of fiber in a 1 cup serving. That's more than most high fiber cereals!*

✓ *Blackberries and raspberries also have half your daily value (DV) of vitamin C in 1 cup. Great for cold & flu season protection!*

✓ *Blueberries have a good source (at least 10% DV) of fiber and vitamin C, plus potassium, and an excellent source (more than 20% DV) of vitamin K and manganese.*

Start the new year off right by finding delicious ways to add berries to your meals and snacks. If you don't have all the items in these recipes, don't be afraid to swap them for similar types of ingredients you have on hand or that may be on sale.

Kiwi, Clementine & Blackberry Salad with Creamy Poppy Seed Dressing

Ingredients:
- 1/2 cup unsalted pepitas
- 1/3 cup plain nonfat Greek yogurt
- 2 Tbsps. fresh lemon juice
- 2 Tbsps. raw honey
- 1 Tbsp. grapeseed oil
- 1 tsp. poppy seeds
- 3 clementines, peeled and separated
- 2 kiwis, peeled and thinly sliced crosswise
- 4-1/2 cups spring mix salad greens
- 1-1/2 cups halved blackberries

Directions:
1. In large skillet, toast pepitas over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. In large bowl, whisk yogurt, lemon juice, honey, oil and poppy seeds; fold in clementines, kiwis, spring mix and blackberries. Makes about 6 cups.
3. Transfer 2 cups salad and 2 Tbsps. pepitas to zip-top plastic bag; freeze overnight or up to 1 month.
4. Serve remaining salad sprinkled with remaining pepitas.

Winter Kiwi, Clementine & Blackberry Smoothie

Ingredients:
- 1/2 avocado, peeled, pitted, and chopped
- 2 cups frozen leftover Kiwi, Clementine & Blackberry Salad
- 1-1/2 cups unsweetened coconut water
- 1-1/2 Tbsps. honey

Directions:
Purée all ingredients in a blender on high until smooth. Makes about 3-1/2 cups.