

Heart Healthy Eating

A 'Berry' Healthy Way To Help Your Heart

(NAPSA)—A little heart-shaped fruit can be a big help to your heart. According to research, strawberries may play an important role in helping to reduce the risk of heart disease.

"Strawberries are at the top of the list of foods I recommend for packing the most nutrition into everyday meals, especially when considering cardiovascular health," said Sylvia Klinger, MS, RD, LDN. "It's an easy sell with their versatility and naturally sweet taste."

Here are 12 more reasons to enjoy California strawberries:

1. High in vitamin C (more per serving than an orange) and may boost immunity.

2. Considered a superfruit with loads of antioxidants and anthocyanins.

3. Versatile and can be added to both savory and sweet dishes.

4. Low in sugar, naturally sweet with only 45 calories per cup.

5. A source of potassium to support healthy blood pressure.

6. A good source of dietary fiber.

7. Available year-round and easy to freeze.

8. Grown by caring strawberry farmers who use sustainable farming practices.

9. Loved by kids and ideal for snacks and lunches.

10. Ideal for adding appeal to summertime dishes and special occasions.

11. Grown to perfection in ideal growing conditions along California's coast.

12. Globally loved and voted America's favorite fruit.

Try this recipe for a tasty way to enjoy strawberries:

Grilled Salmon with Strawberry Ginger Salsa

Serves: 6

Salsa:

Prepare at least one hour ahead.

- 1 English or seedless cucumber, finely chopped
- 1 green onion, thinly sliced
- 1 Tbsp. cilantro, cut into strips



Strawberries can improve the flavor and nutrition of both sweet and savory dishes.

1 tsp. fresh ginger, freshly grated

1 yellow pepper, diced small

3-4 Tbsp. seasoned rice wine vinegar

2 cups fresh California strawberries, hulled and diced small

Sauce:

1 stick unsalted butter

1 clove garlic

1 Tbsp. honey

2 Tbsp. soy sauce

1 Tbsp. fresh lemon juice

6 salmon fillets (or fish of choice), skinless

Mix cucumbers, green onion, cilantro, ginger, yellow pepper and vinegar. Cover and chill at least one hour. Just before serving, add strawberries. In a small saucepan, melt butter with garlic over low heat. Stir in honey, soy sauce and lemon juice and cook 2 minutes; set aside. Prepare a charcoal grill; when ready, brush sauce on salmon pieces and place on a well-oiled fish-grilling rack. Place rack over coals about 4 inches from fire and grill approximately 4 to 5 minutes on each side. Brush with the sauce again after turning and again when done. Transfer to warm platter and top with salsa.

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