



# Festive and Healthy Valentine's Day Dinner



**Strawberries** are currently in-season in Florida, making them an inexpensive option for a festive Valentine's Day meal for your family! Strawberries are also packed with nutrients that our bodies need. They are high in vitamins, fiber, and antioxidants. Strawberries are also a sodium-free, fat-free, cholesterol-free, and a low-calorie food.



## Fresh Strawberry Dressing

### **Ingredients:**

- 1 cup strawberries, rinsed, hulled and sliced
- 1 tablespoon balsamic vinegar
- $\frac{3}{4}$  teaspoon freshly ground pepper
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons canola oil

### **Directions:**

1. Place strawberries, balsamic vinegar, pepper, sugar and salt in a blender or food processor, and process until pureed.
2. Add 2 tablespoons of oil and process until smooth.

Serves 4 people.

Note: Serve this dressing over a spinach salad piled high with colorful fruits and vegetables, and top with grilled chicken.



## Strawberry Frozen Yogurt

### **Ingredients:**

- 1 16-ounce package of unsweetened strawberries (about 3  $\frac{1}{2}$  cups)
- $\frac{1}{2}$  cup sugar (or honey)
- $\frac{1}{2}$  cup non-fat plain yogurt
- 1 tablespoon lemon juice

### **Directions:**

1. Combine frozen strawberries and sugar (or honey) in a food processor, or use a blender if you do not have a food processor. Pulse until coarsely chopped.
2. Combine yogurt and lemon juice in a separate bowl; with the food processor running, slowly pour the mixture through the feed tube. Process until smooth and creamy.

Serves 4 people.