

Strawberries in season

Strawberries, the heart-shaped fruit that brings joy to any meal or snack.

Fresh Ontario strawberries are available now - sweet, delicious, colorful, juicy and so full of goodness.

Try fresh Ontario strawberries for breakfast with hot or cold cereals. Serve them plain with milk or cream.

Try fresh Ontario strawberries for snack time. They are sweet enough to eat - out-of-hand, anytime of day or night, just wash, dry and enjoy.

Add fresh Ontario strawberries to salads at lunch, or on top of waffles or pancakes for a weekend brunch.

Best of all, fresh Ontario strawberries are delicious in desserts and the recipes are endless from the old fashioned shortcake and pies lighter Sorbets and creamy Angel Cake.

Creamy Strawberry Angel Cake

Serves: 10-12 - 210 calories per serving.

- 250 mL (1 cup) boiling water
- 1 pkg sugar-free strawberry flavored gelatin
- 125 mL (1/2 cup) cold water
- 500 mL (1 pint) strawberries
- 1 container 250 mL (8 oz) frozen whipped topping
- 25 cm (10 inch) angel food cake

In large bowl, pour boiling water over gelatin; stir until gelatin is dissolved. Stir in cold water. Refrigerate until thickened but not set, about 1 hr. Slice strawberries reserving a few berries for garnish. Fold in sliced strawberries and half of the whipped topping. Refrigerate until thickened but not set, about 15 min. Split cake horizontally to make 3 layers. (To split evenly mark side of cake with wooden picks and cut with long thin knife.) Fill layers with gelatin mixture. Spread remaining whipped topping over top.

Garnish with reserved strawberries. Cut with long, thin knife or serrated knife.

Honeydew Sorbet with Strawberry Puree

Serves: 6 - 50 calories per serving.

A food processor makes preparing refreshing sorbets a snap. Try to select ripe (sweet) fruit, as there is no added sweetening.

- 1/2 medium honeydew melon or cantaloup, pared and cut into 2.5 cm (1 inch) chunks
- 500 mL (2 cups) strawberries
- 5 mL (1 tsp) lemon juice
- 6 whole strawberries

Place melon chunks in ungreased jelly roll pan, 37.5x25x2.5 cm (15 1/2x10 1/2x1 in). Cover and freeze until hard, at least 2 hr.

Place 500 mL (2 cups) strawberries in food processor fitted with steel blade. Cover and process until smooth. Place about 45 mL (3 tbsp) strawberry puree on each of 6 plates.

Place half of the frozen melon chunks and 2 mL (1/2 tsp) lemon juice in food processor. Cover and process until smooth. Scoop or spoon about 125 mL (1/2 cup) melon mixture over strawberry puree. (Melon mixture may be frozen up to 30 min. before serving.) Garnish with whole strawberries and serve immediately.

Note: If sorbet is to be frozen longer than 1 hr., remove from freezer about 45 min. before serving.



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