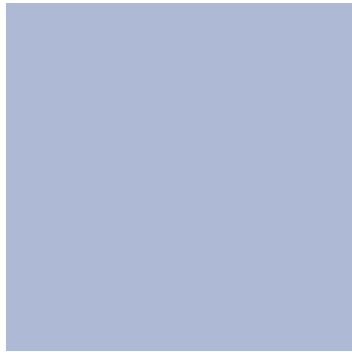




# Blueberry Smoothie



## ***Adding Flavor and Nutrition with Blueberries***

*Presented by: Michael Roddey, CEC, CCE, CDM*

2013 ACF National Convention

Although miniature in size, blueberries are plump, juicy, sweet, and full of nutritional goodness, adding flavor and health benefits to a variety of dishes.

Yield: 3 cups

### **Ingredients**

- 1/3 cup cottage cheese, low fat
- 1/2 cup Chobani Greek yogurt, low fat, vanilla
- 1 cup soy milk
- 1/3 cup Kale, fresh
- 1 cup blueberries, fresh or frozen
- 1 tablespoon honey

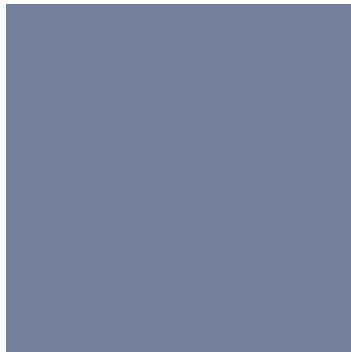
### **Ingredients cont.**

- 1/8 teaspoon cinnamon
- 1/2 each banana
- 2 each Davidson's SafeEggs Pasteurized Shell-on Eggs

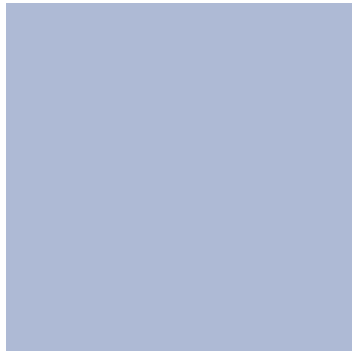
### **Method of Preparation**

1. Blend all ingredients in blender until smooth, about 30 seconds to 1 minute.

	Serving Size	Calories	Fat	Cholesterol (mg)	Protein (g)	Sodium (mg)	Carb	Sugar	Fiber	A	C	Iron	Calcium
Blueberries (frozen)	1 c.	79	1	0	1	2	19	13	4	1.0	6.0	2.0	1.0
Soymilk	1 c.	80	3	0	8	95	7	7	0	10.0	0.0	6.0	30.0
Cottage Cheese	1/3c. (2.7 oz)	65	2.7	7	7	248.4	2.7	2.7	0	0.0	0.0	0.0	8.0
Honey	1 Tbsp	64	0	0	0	1	17	17	0	0.0	0.0	0.0	0.0
Kale (raw)	1 Leaf (1oz)	14	0	0	1	12	3	0	1	86.0	56.0	3.0	4.0
Greek Yogurt (nonfat)	1/2c.	67	0	3	7	30	9	6	0	3.0	0.0	0.0	7.0
Cinnamon	1/8 tsp	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0
Eggs	2	142	10	422	12	140	0	0	0	10.0	0.0	10.0	6.0
Total 20 oz		511	16.7	432	36	528.4	57.7	45.7	5	110.0	62.0	21.0	56.0
Per 8oz		204.4	6.68	172.8	14.4	211.36	23.08	18.28	2	44%	25%	7%	23%



# Alaskan Caesar Salad



## ***Adding Flavor and Nutrition with Blueberries***

*Presented by: Michael Roddey, CEC, CCE, CDM  
2013 ACF National Convention*

Although miniature in size, blueberries are plump, juicy, sweet, and full of nutritional goodness, adding flavor and health benefits to a variety of dishes.

Yield: 4 salads

## **Ingredients**

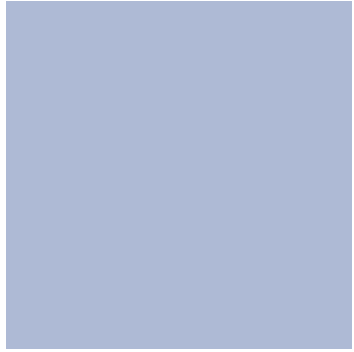
- 1 pound Romaine lettuce, cut
- 1/2 cup blueberries, fresh or freeze-dried
- 1/2 cup rice oil
- Pinch of salt
- Pinch of pepper
- 1 tablespoon Parmesan cheese, shredded
- 1/4 each lemon
- 1 clove garlic, fresh
- 1 yolk Davidson's SafeEggs Pasteurized Shell-on Eggs
- 2 ounces smoked salmon
- 1/4 tablespoon Dijon mustard
- 1/3 cup quinoa, red or black

## **Method of Preparation**

1. Mash smoked salmon; add minced garlic, egg yolk, Dijon mustard and lemon juice.
2. Slowly drizzle in oil while whisking. When all incorporated, season with salt and pepper.
3. Toss Romaine lettuce with dressing to coat; add cheese, quinoa and berries. Serve immediately.



# Blueberry Tortilla Pizza



*By: Michael A. Finch, CEC, ACE*

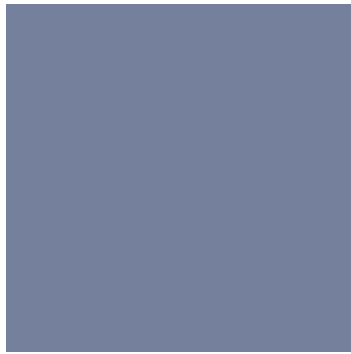
Yield: 1 serving

## Ingredients

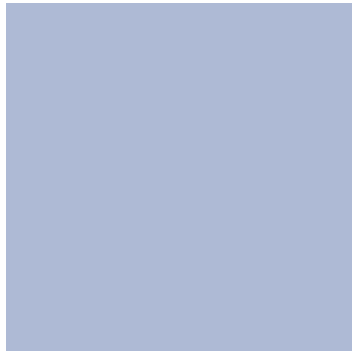
- 1/2 cup ricotta or whipped cream cheese
- 1 tablespoon confectioner's sugar
- 1 pint fresh blueberries
- 1/2 cup sliced strawberries
- 1 10-inch flour tortilla
- 1 tablespoon melted butter
- 2 teaspoon cinnamon
- 1/4 cup shredded coconut

## Method of Preparation

1. Preheat oven to 400F.
2. In a small bowl, combine ricotta cheese with confectioner's sugar. Set aside.
3. In another bowl, combine blueberries and strawberries.
4. Place tortilla on ungreased baking sheet; brush with butter and sprinkle with cinnamon. Bake until lightly browned, about 3 minutes. Cool slightly.
5. Spread ricotta mixture on tortilla and top with blueberry mixture. Then, sprinkle with coconut.



# Blueberry Peach Cobbler



*By: Robert Roebuck, CEC, AAC*

Yield: 6-8 servings

## Ingredients

- 1/2 cup brown sugar, packed
- 3 tablespoons cornstarch
- 1/4 teaspoon ground mace
- 1/4 cup unsweetened apple juice
- 5 cups peaches, peeled and sliced
- 1 cup blueberries, fresh
- 1/2 cup pecans, chopped
- 1 tablespoon butter
- 1 tablespoon lemon juice
- Topping*
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1 ½ teaspoon baking powder
- Dash of salt
- ¼ cup butter, cubed

## Ingredients cont.

- 1/4 cup milk
- 1 egg, lightly beaten

## Method of Preparation

1. In a large saucepan, combine brown sugar, cornstarch and mace. Stir in apple juice until blended. Bring to a boil; cook and stir for 1 to 2 minutes until thickened. Add peaches, blueberries, pecans, butter and lemon juice. Pour into a greased, shallow two-quart baking dish.
2. For topping, combine flour, sugar, baking soda and salt in a small bowl. Cut in butter until coarse crumbs form. Stir in milk and egg. Spoon over fruit mixture.
3. Bake at 400F for 25 to 30 minutes or until bubbly and a toothpick inserted in the topping comes out clean.