



(Cut out cards on dotted lines)

**Yield 6 Servings**

## Blueberry Breakfast Casserole

- 2 cups fresh Florida blueberries, rinsed and dried
- 8 large Florida eggs, beaten
- 1/4 cup maple syrup
- 1 loaf bread (any kind)
- 1 1/2 cups low-fat milk
- 4 ounces low-fat cream cheese (cold so it can be cubed)
- 1/4 cup butter, melted
- Cooking pan spray

**Preparation**

Preheat oven to 350 degrees. Cut bread into 1-inch cubes. Cut cream cheese into small cubes.

Lightly spray a 9 x 9 x 2-inch baking dish. Place half of the bread cubes in the dish. Evenly place the cream cheese cubes and 1 cup of the blueberries over the bread. Add the remaining bread cubes and blueberries to the top of the casserole.

In a medium-sized bowl, combine eggs, milk, maple syrup and butter. Slowly pour egg mixture over bread. Cover casserole with foil and bake for approximately 45 minutes. Insert a tooth pick in the center of the casserole. When the toothpick comes out clean, remove the foil so the casserole can brown on top. Let cool slightly and serve warm with extra maple syrup on the side.



# FLORIDA Blueberries



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**Yield 4 Servings**

## Blueberry and Blue Cheese Salad

- 1 cup fresh Florida blueberries
- 8 cups salad greens (spring mix, romaine or your favorite)
- 1/2 lemon, juiced
- 2 tablespoons Florida honey
- 1/2 cup blue cheese (Stilton or Gorgonzola can also be used)
- 3 tablespoons low-fat sour cream
- 1/4 cup vegetable oil, or olive oil if you prefer
- 1 tablespoon mild vinegar (white or rice wine vinegar)
- Kosher salt and fresh ground pepper to taste

**Preparation**

In a small bowl, whisk together oil, sour cream, honey, vinegar and lemon juice. Taste vinaigrette and adjust seasoning with salt and pepper. Rinse and dry blueberries.

In a medium-sized bowl, dress the salad greens with a small amount of vinaigrette and toss. Add more vinaigrette if necessary. Place dressed salad greens on serving plate, and top with blueberries and blue cheese.





## Florida Blueberries

Grown in mostly inland Florida counties, the blueberry is available from March through May, with peak availability in April. Blueberries, like all other dark purple and blue fruits, are high in antioxidants, which can help with the aging process.

### How to buy:

They should be firm and brightly colored. Always check the bottom of the container for stains from rotting or moldy berries. Blueberries should be consumed two to three days after purchase.

### Tips for storage:

Never allow blueberries to dry out. Use a damp paper towel to help keep moisture in the package, but do not rinse them until it is time to eat them. As soon as blueberries start to wilt, separate by hand. To freeze blueberries, arrange them in a single layer on a cookie sheet. This way they will freeze evenly and you won't end up with a brick of frozen berries. After they are frozen, transfer them to a freezer bag and be sure to label with the date. They can be stored frozen for up to six months.

### Cooking tips:

Wash blueberries before eating. Add blueberries to batters or mixes at the last minute to prevent them from breaking. Use frozen leftover blueberries in smoothies or milkshakes. Lightly heat with sugar and a splash of brandy to make a wonderful topping for desserts or ice cream.

### Flavors well with:

Lemon, cinnamon, cloves, pecans, peaches, yogurt, mint

### Nutrition info:

*Serving Size: 148g (1 cup) • Calories 84  
Calories from fat 4.41g • Total Fat 0.49g  
Total Carbohydrate 21.45g  
Protein 1.10g  
Fiber 3.6g*

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## Blueberry Breakfast Casserole



## Blueberry and Blue Cheese Salad



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