

STRAWNANA BREAD

INGREDIENTS:

4 eggs, lightly beaten	2 cups white sugar
1 1/2 cups strawberries, mashed	1 cup mashed bananas
1 tablespoon orange zest	1 cup vegetable oil
3 cups all-purpose flour	1 teaspoon baking soda
1 1/2 teaspoons ground cinnamon	1/2 teaspoon salt
1/4 teaspoon ground nutmeg	1 cup chopped walnuts

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch pans. In a medium bowl, mix together flour, baking soda, cinnamon, salt, and nutmeg. In a large bowl, combine eggs, sugar, strawberries, bananas, orange peel, and oil. Beat with an electric mixer at medium speed for 2 minutes. Add flour mixture, and stir just until moistened. Stir in walnuts. Bake for 1 hour, or until loaves test done. Remove to wire rack to cool.

Recipe from www.allrecipes.com.

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STRAWBERRY AND FETA SALAD

INGREDIENTS:

1 cup slivered almonds	2 cloves garlic, minced
1 teaspoon honey	1 teaspoon Dijon mustard
1/4 cup raspberry vinegar	2 tablespoons balsamic vinegar
2 tablespoons brown sugar	1 cup vegetable oil
1 head romaine lettuce, torn	1 pint fresh strawberries, sliced
1 cup crumbled feta cheese	

DIRECTIONS:

In a skillet over medium-high heat, cook the almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside. In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil. In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.

Recipe from www.allrecipes.com.

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STRAWBERRY RICOTTA PARFAIT

INGREDIENTS:

15 ounces lowfat ricotta
2 teaspoons vanilla extract
1 tablespoon granular Splenda (or other sugar substitute, or brown sugar to taste)
4 cups fresh strawberries, hulled and sliced, or 1 cup frozen, sliced
1/4 cup packed fresh mint, chopped, plus 4 sprigs
2 tablespoons balsamic vinegar
1/2 cup crushed whole-wheat graham crackers

DIRECTIONS:

Mix ricotta, vanilla and sugar in a bowl. In another bowl, mix strawberries, mint and vinegar. Spoon 2 tablespoon ricotta mixture into the bottom of 4 parfait or iced tea glasses. Add a layer of crackers, strawberries and another layer of ricotta. Top with remaining strawberries and mint sprigs. Serve immediately or chill up to 4 hours.

Recipe from www.epicurious.com.

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