

## QUICK STRAWBERRY CAKE

1 round Angel food, pound or chiffon cake  
2-8 oz. containers frozen whipped topping, thawed,  
or whipping cream  
5-6 cups fresh sliced strawberries  
Powdered sugar for garnishing  
Strawberries for garnishing if desired



Slice cake horizontally into three layers with a serrated knife. Place one layer on cake plate. Spread layer with half the berries, then a layer of whipped topping. Add second layer of cake and repeat with berries and topping.

Top with remaining layer. Sprinkle with sifted powdered sugar on top of cake. Refrigerate until ready to serve.

## STRAWBERRY JAM

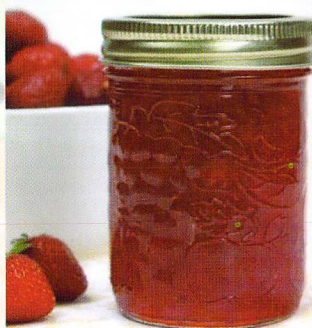
2 qts. strawberries, rinsed and capped  
7 cups sugar  
1 box (1.75 oz.) fruit pectin

Follow instructions in fruit pectin box. Makes 8 cups.

## STRAWBERRY FREEZER JAM

1 qt. strawberries, rinsed and capped  
4 cups sugar  
1 box (1.75 oz.) fruit pectin

Follow directions on fruit pectin box. Makes 5 cups.



*Fresh strawberries...fat free, cholesterol free, sodium free, and high in Vitamin C. One cup only 55 calories.*

## THE EASIEST, SIMPLIST, AND MOST NUTRITIOUS RECIPE

*Eat Strawberries Fresh After Rinsing*



VIRGINIA DEPARTMENT  
OF AGRICULTURE AND  
CONSUMER SERVICES

## STRAWBERRY AND ASPARAGUS SALAD

½ lb. asparagus tips  
½ lb. strawberries, rinsed and halved  
½ sweet onion, cut in thin strips  
1 cup olive oil, divided  
Salt and pepper to taste  
1 cup Balsamic vinegar  
1 T honey  
1 T brown mustard  
½ lb. mixed salad greens, rinsed  
½ cup fresh basil cut in small pieces  
½ cup favorite cheese (sheep or goat excellent choices)

Simmer asparagus tips over low heat in a small amount of water for five minutes. Strain and place on ice to cool. Toss asparagus, strawberries and onion strips in ½ cup of olive oil with salt and pepper.

In small bowl whisk together balsamic vinegar, honey, and mustard until blended. Slowly add ½ cup olive oil while continuing to whisk.

Pour dressing over salad greens and toss. Place strawberry/asparagus mixture on top of greens sprinkle with basil, cheese, and serve.

## STRAWBERRY DIPPING IDEAS

Sour cream then dredge in brown sugar, whip cream, melted chocolate (dark or white), strawberry yogurt, lemon curd, honey then lime juice and fresh snipped mint, buttery vanilla frosting and toasted coconut, hazelnut spread, marshmallow fluff mixed with whipped topping, sour cream and honey, vanilla or chocolate yogurt then freeze, or marshmallow fluff blended with cream cheese.

## STRAWBERRIES ARE GOOD

In plain yogurt, fruit salads, milkshakes, slushies, cake icing, cobbler, congeal salads, smoothies, breads, over pancakes and waffles, syrup for dipping cubes of cake into, as poppers stuffed with cream cheese and powdered sugar, over ice cream with a splash of balsamic vinegar, folded into scone batter, daiquiris, margaritas, strawberry syrup over breakfast foods, thinly sliced on a sandwich, spread baguettes with goat cheese add sliced berries and drops of balsamic vinegar, cereal, cakes, biscuits, jellies, jams, tarts, and vegetable salads.

# Virginia Grown strawberry recipes



Virginia Department of  
Agriculture and Consumer Services

102 Governor St., Richmond, VA 23219

USDA Specialty Crop Grant Program



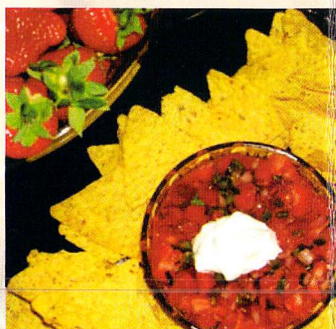
## STRAWBERRY SPINACH SALAD

3 cups fresh baby spinach  
½ cup sliced fresh strawberries  
¼ cup roasted almonds  
1 T cider vinegar  
1 T honey  
1½ teaspoons sugar  
Blue cheese, optional

In a large bowl combine spinach, strawberries and almonds. In a small bowl combine the vinegar, honey and sugar and mix well. Drizzle over salad and toss to coat. Sprinkle with blue cheese.

## SASSY STRAWBERRY SALSA

1 pint fresh strawberries, rinsed, capped and chopped  
1 small jalapeno pepper, minced  
¼ medium red onion, minced  
½ clove garlic, finely minced  
1 green onion, chopped  
2 T fresh parsley or cilantro, chopped  
¼ teaspoon crushed red pepper  
¼ cup orange juice  
Salt and pepper to taste



Mix all ingredients together and allow to chill 1 to 2 hours. Serve garnished with fresh whole strawberries, a dollop of sour cream and your favorite corn chips. \*Great with grilled chicken and pork

## STRAWBERRY ICE CREAM

1 cup sugar  
½ teaspoon salt  
2 cups milk  
6 egg yolks, beaten  
2 teaspoons vanilla  
4 cups whipping cream  
4 cups strawberries with ½ cup sugar, chopped into small pieces

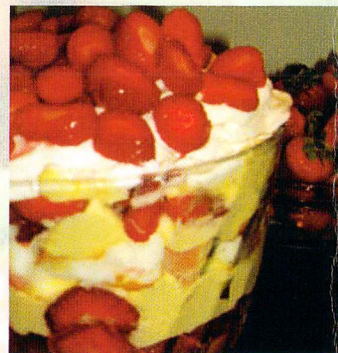
Put sugar, salt, milk and egg yolks in saucepan. Cook over medium heat stirring constantly until bubbles form around the edges, being careful not to scorch. Cool. Stir in vanilla, whipping cream and strawberries. Refrigerate until chilled or overnight. Pour into ice cream freezer container and freeze according to directions. Makes custard for 1 gallon of ice cream.

## STRAWBERRY TRIFLE

1-2 quarts strawberries  
1 large angel food or pound cake  
2-6 oz. boxes instant vanilla pudding  
1-14 oz. can sweetened condensed milk  
1 qt. whipping cream  
1-8 oz. frozen whipped topping, slightly thawed  
Additional whipped topping

Rinse, blot dry and slice strawberries, set aside. Cut cake into small pieces, set aside. In large bowl mix pudding, sweetened condensed milk and whipping cream together on medium until blended. Fold in container of whipped topping.

In trifle dish layer bottom with cake, add layer of strawberries, layer of pudding mixture and repeat. Top with additional whipped cream and strawberries to garnish trifle. Refrigerate until chilled, 4 hours or overnight.



## STRAWBERRY PIZZA

1 cup all purpose flour  
1 stick margarine or butter  
1 T sugar  
1-8 oz. package cream cheese, softened  
¾ cup sugar  
¼ cup water  
½ cup sugar  
2 T corn starch  
2 cups strawberries, chopped  
Whipped topping

Mix flour, margarine and 1 T sugar to resemble pie crust. Press into pie pan or 8 inch baking dish. Bake in 350 degree F oven for 10 to 15 minutes. Let cool.

Mix cream cheese with sugar and spread evenly over the cooled crust.

In a saucepan, combine and mix sugar, water, and corn starch. Cook until thick, stirring constantly. Fold in berries. Spread over cream cheese. Refrigerate. Serve with whipped topping.

## SUGAR FREE STRAWBERRY PIE

2 cups water  
1 cup sugar substitute  
2 T corn starch  
1-3 oz. sugar free strawberry gelatin  
1 qt. fresh strawberries (1½ lbs.), sliced  
Pie crust, cooked

Combine water, sugar substitute and corn starch; stirring constantly, bring to a boil and cook until slightly thickened. Remove from heat, add gelatin, stirring to dissolve and then refrigerate until partially set.

Add berries into mixture and pour into pie shell, refrigerate until firm.

## STRAWBERRY PIE

4 cups fresh strawberries, sliced, divided  
1 cup sugar  
1 cup water  
3 T cornstarch  
¼ teaspoon salt  
1 teaspoon butter  
1 9 inch pie shell, baked  
1 cup whipped topping or whipping cream

In small saucepan mix 2 cups strawberries, sliced and chopped, sugar, water, cornstarch and salt. Cook until thick. Remove from heat, add butter and stir well. Cool. In baked pie shell, add remaining 2 cups of sliced strawberries. Pour glaze over berries. Refrigerate until serving time. Cut into slices and add whipped topping.

## STRAWBERRY BUTTER

2 cups fresh strawberries  
1 stick butter, room temperature  
1 cup powdered sugar



Put ingredients in mixing bowl and blend until smooth and creamy. Refrigerate in air tight container. Serve with toast, biscuits, muffins, pancakes or waffles.