recipes are a collaboration between food & nutrition services and well-u

blueberries

Recent studies link berry consumption with improved heart health. One cup of berries provides 14 percent of your daily fiber and only 84 calories – not to mention a boost of heart-healthy antioxidants.

Freeze fresh blueberries to satisfy your blueberry craving year-round. Frozen berries can be used in place of fresh berries in many recipes and taste great in smoothies. See our tip on the back.

Good things come in small packages.

FARM to TABLE

brought to you by well-u at the university of rochester farmers market
Blueberry-Onion Sauced Pork Tenderloin

Ingredients
- 3/4 to 1 pound pork tenderloin
- 2 tablespoons butter, divided
- 2 medium onions, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup reduced-fat milk
- 1/2 cup sugar
- 1/4 cup port wine or sweet sherry
- 2 tablespoons balsamic vinegar
- 2 cups (1 pint) fresh or frozen blueberries

Directions
1. Preheat broiler. Broil pork, turning occasionally until cooked through, about 20 minutes. Remove to a platter; cover to keep warm.
2. Meanwhile, in a large skillet over medium-high heat, melt 2 tablespoons of the butter. Add onions, salt and pepper; cook until onions are golden, about 10 minutes. Add sugar; cook until onions are caramelized, 3 minutes longer. Add port, balsamic, blueberries and tomatoes and bring to a boil. Remove from heat. Thinly slice pork and serve with sauce.

Blueberry & Peach Cobbler

Ingredients
- 3 tablespoons unsalted butter
- 3 tablespoons canola oil
- 1 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup reduced-fat milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 3 ripe but firm peaches, (about 1 pound), pitted and sliced into eighths, or 3 1/2 cups frozen blueberries
- 2 cups (1 pint) fresh or frozen blueberries
- 1 teaspoon vanilla extract
- 3 ripe but firm peaches, (about 1 pound), pitted and sliced into eighths, or 3 1/2 cups frozen blueberries

Directions
1. Preheat oven to 350°F.
2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

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