The juicy strawberry is a summer staple with a sweetness as deep as its ruby red color. Full of fiber and cancer-fighting antioxidants, strawberries also pack a healthy dose of vitamin C – a half cup contains 47 milligrams of the vitamin and only 27 calories.

**Whiter Smile.** Strawberries contain malic acid, an enzyme that helps clean stains off teeth. Mash strawberries with baking soda for a natural teeth whitening solution.

**Fresh tip.** Look for firm berries free of bruises or mold. Store in the refrigerator in a container lined with a paper towel. Rinse right before use.
Strawberry-Avocado Salsa

**Ingredients**
- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper
- 1/4 teaspoon sugar
- 1 tablespoon poppy seed
- 2 oranges, peeled, sectioned and cut into bite-sized pieces
- Optional: 1 small red onion, sliced

**Directions**
Combine all ingredients in a medium bowl; toss gently. Serve immediately.

**Tip**
Try this fruit salsa as a topper for grilled meat, salad or a baked sweet potato.

Springtime Salad

**Ingredients**
- 6 cups torn lettuce leaves or mixed field greens
- ¾ lb fresh broccoli, trimmed and cut into bite-size pieces
- 1 cup sliced strawberries
- 2 oranges, peeled, sectioned and cut into bite-sized pieces
- Optional: 1 small red onion, sliced

**Directions**
1. Toss all salad ingredients together in a large bowl, set aside.
2. Mix all dressing ingredients together except oil until well combined. Gradually whisk in oil.
3. For a creamy dressing, combine all ingredients except poppy seed in a blender on high speed, until smooth and creamy. Remove from blender and add poppy seed.

**Poppy Seed Dressing**
- 1 tablespoon poppy seed
- 2 tablespoons honey
- 2 tablespoons vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 2 teaspoons finely minced onion
- 1/8 tsp salt
- 1/3 cup oil

Allow refrigerated strawberries to come to room temperature before serving. Top with sliced almonds.

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