

# RECIPE for health

**AUGUST 2008** In partnership with Health4U and University Housing

Featured Food:

## BLUEBERRIES



A surprise for their size, blueberries pack a powerful punch of flavor and nutrition. Blueberries reign at the top of the 40 most nutritious fruits. As powerful antioxidants, anthocyanins put the blue in the blueberry and are responsible for their many health benefits. Fresh or frozen, they burst with nutritional value.

Mid-July through mid-September is peak season for blueberries in Michigan. Tastes range from mildly sweet for cultivated berries grown in the acidic soil of western Michigan, to tart and tangy for wild berries found abundantly in the Upper Peninsula.

- Select plump blueberries, indigo in color with a dusty white “bloom” on the surface. “Bloom” serves as a natural protection from the sun and is a sign of freshness. A hint of red to the berry means it isn’t ripe. A berry won’t ripen once picked.
- Chill berries soon after picking to extend shelf life. Blueberries will keep in the refrigerator for at least a week.
- Freeze unwashed berries in a single layer on a sheet pan and transfer to containers once frozen.
- Wash fresh or frozen berries just before use. All it takes is a quick rinse.
- Serve blueberries just as they are — no peeling, pitting, coring or cutting required.

Blueberries aren’t just for pies and pancakes — they are for salads, salsas and sauces; cobblers and crisps; and muffins, of course! No need to thaw frozen blueberries before use. When making a batter, roll fresh or frozen blueberries lightly in flour or cornstarch and add them last to prevent blue “bleeding.”

## Blueberry Quesadillas

*from the kitchen of University Housing Dining Services*

*Serves 4*

- 1 cup ricotta cheese
- 1/2 cup dried blueberries
- 1/3 cup brown sugar
- 1 tsp. lemon extract
- 4 soft taco-size flour tortillas
- 1/2 cup shredded mozzarella cheese
- Plain yogurt and fresh blueberries for topping
- Oil or cooking spray

In a bowl, blend ricotta cheese, dried blueberries, brown sugar and lemon extract together. On each tortilla spread 1/3 cup of mixture on one half. Then top with 1/8 cup of mozzarella cheese. Fold the other half onto the first half.

Heat oil in a large sauté pan or use cooking spray. Put tortillas in and cook on each side until the inside is melted and the outsides are golden brown. Remove from pan and let cool for five minutes. Cut into halves. Top each piece with a spoonful of yogurt and fresh blueberries.

Blueberry Quesadillas will be featured in the MSU Residence Hall Dining Rooms at lunch on Thursday, August 28. Once you try this delectable dish, you’ll want to make it at home! Enjoy. For meal hours and complete menus, visit [www.eatatstate.com](http://www.eatatstate.com).

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