

Frozen Blueberries



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



A small purple fruit that is a good source of fiber and vitamin C and can be used to sweeten any meal.

How To Use Them

Frozen blueberries can be used in smoothies, fruit salads, or baked into breads and muffins.

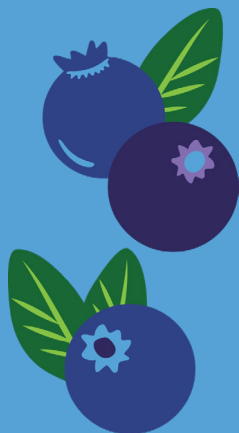
How To Store Them

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions or use frozen.

Why Eat Them?

An overall healthy diet rich in fruit may reduce risk for heart disease and certain cancers.

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Corn, Blueberry, and Wild Rice Salad *Makes 8 servings*



Ingredients

- 6 ears sweet corn, husked (or 1 ½ cups frozen corn or canned corn, drained)
- 1 cup frozen blueberries
- 1 small cucumber, finely diced
- ¼ cup finely chopped red onion
- ¼ cup chopped fresh cilantro
- 1 cup wild rice, cooked
- 1 jalapeno pepper, seeded and finely chopped
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons honey or maple syrup
- ½ teaspoon ground cumin
- ½ teaspoon salt

Recipe adapted from First Nations Development Institute.

Directions

Wash hands with soap and water.

1. In a large pot, bring salted water to a boil. Add corn. Cook covered for 5 minutes, or until tender. If using corn on the cob, remove corn from the cob after cooking.
2. In a serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
3. For dressing: in a screw-top jar, combine lime juice, oil, honey, cumin, and salt. Cover and shake well to combine. If you do not have a screw-top jar you can whisk ingredients in a small bowl.
4. Add dressing to salad and toss.

Salad is best enjoyed if covered and refrigerated overnight or up to 24 hours.

