

Lighten Up With A Seasonal Treat

(NAPSA)—When spring is in the air, family and friends enjoy celebrating the season with fresh produce. And nothing puts the finishing touch on a wonderful springtime gathering like Romanoff Summer Berries. Delicious and satisfying, the healthy treat combines sweet strawberries, grated orange peel, olive oil and golden honey.

In fact, you could even try this fresh dessert as a light breakfast or afternoon snack. It packs a powerful punch of vitamin C from the strawberries with the beneficial monounsaturated fats from the olive oil. Here's a great way to welcome warmer weather and tasty seasonal produce.



Romanoff Summer Berries

Prep Time: 10 minutes

Stand/Chill Time: 30 minutes

Total Time: 40 minutes

1 lb. (about 4 cups) fresh strawberries, hulled and quartered

1½ teaspoons grated orange or tangerine peel

¼ cup orange or tangerine juice

1 tablespoon olive oil

1 tablespoon honey

Combine all ingredients in plastic food storage bag. Seal and toss to mix and coat evenly. Let stand 30 minutes or refrigerate up to 4 hours.

Spoon into dessert dishes or over thin slices of angel food or pound cake, if desired. 4 to 6 servings.

TIP: If desired, add 1 tablespoon thinly sliced fresh basil leaves or mint with strawberries.

For more recipes, visit www.aboutoliveoil.org.