

QUICK CLASSICS

Celebrate Blueberry Season with a Classic!

Summer is the season for blueberries and there are so many healthful ways to celebrate them – on cereal in the morning, tossed into a salad for lunch or to just pop in your mouth anytime like candy.

And for summer get-togethers, try something special--Blueberry Shortcakes, an updated version of a great American classic. The simply delicious blueberry sauce takes less than 10 minutes to prepare; the quick shortcakes are so easy, that even the kids can help. On another day, serve the blueberry sauce over yogurt and granola, ice cream or pound cake.

Blueberries combine the best that nature has to offer: good nutrients and luscious flavor. Just half a cup of delicious blueberries in a healthy diet is a convenient way to boost daily amounts of required nutrients.

For more nutrition information and great recipes, visit www.blueberry.org or send a stamped self-addressed envelope to: Blueberry Recipes, U.S. Highbush Blueberry Council, 2390 E. Bidwell St. #300, Folsom, CA 95630.

BLUEBERRY SHORTCAKES

4 cups fresh blueberries, divided

5 tablespoons sugar, divided

1/3 cup orange juice

1 teaspoon cornstarch

2 1/3 cups all-purpose baking mix

1/2 cup fat-free milk

3 tablespoons butter, melted

Whipped topping, as needed

In a medium saucepan, combine 3 cups blueberries with 2 tablespoons sugar and orange juice. Cook over medium heat, stirring occasionally, until the berries just begin to pop. In a small bowl, combine the cornstarch and 2 teaspoons cold water;

stir into the blueberry mixture. Stir 1 minute; remove from heat. Add remaining blueberries; set aside. Preheat oven to 425°F. Grease a baking sheet. In a medium bowl, stir together baking mix, 3 tablespoons sugar, milk and butter until a soft dough forms. Turn out onto a floured board and pat to a 5- by 7-inch rectangle. With a 2-1/2-inch cookie cutter, cut 6 rounds. Place on the baking sheet; bake 10 to 12 minutes or until golden. Split the warm shortcakes and set the bottoms on serving plates. Divide the blueberry sauce among the shortcakes. Spoon whipped topping on the blueberries; top with remaining shortcake halves. Sprinkle with powdered sugar, if desired.

Yield: 6 portions



Caption: Blueberry Shortcake is a delicious way to celebrate blueberry season.

Photo # BC-IC-25

Please credit: U.S. Highbush Blueberry Council