

Blackberry Basil Grilled Cheese

1 ½ cups fresh blackberries
12-14 fresh basil leaves, chopped
2 tablespoons olive oil

8 slices of multigrain bread
4 slices cheese, such as
Munster

In a large bowl, **mash** blackberries and basil with a fork. **Heat** an electric griddle or large skillet over medium-low heat. **Sprinkle** griddle or skillet with olive oil. **Place** bread on skillet. **Add** a slice of cheese and blackberry mixture. **Place** a second piece of bread on top of cheese and blackberries. **Cook** 3-5 minutes on one side. **Flip. Cook** 3-5 minutes or

until both sides are brown and cheese has melted.

Serves: 4 sandwiches

Nutritional Analysis:

250 calories, 15 g fat, 6 g saturated fat, 20 mg cholesterol, 310 mg sodium, 23 g carbohydrate, 8 g fiber, 4 g sugar, 12 g protein

Plate it up!



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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