



# Blackberry Vinaigrette

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**½ cup** fresh blackberries

**2 tablespoons** white wine vinegar

**⅓ cup** olive oil

**1 teaspoon** lemon juice

**2 tablespoons** honey

Salt and pepper to taste

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**Place** all the ingredients in a food processor or blender and blend until smooth. **Strain** mixture through sieve to separate blackberry seeds. **Drizzle** on salad to taste. Can also be served over grilled chicken.

**Serves:** 4-6, 1 ounce servings

**Nutritional Analysis:**

180 calories, 16 g fat, 2 g saturated fat, 0 mg cholesterol, 125 mg sodium, 10 g carbohydrate, 1 g fiber, 8 g sugar, 0 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

**February 2017**

**Source:** [www.fruitsandveggiesmatter.gov](http://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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