

## BLUEBERRY

### Types

There are three main blueberry types that are associated with regions.

**Highbush:** This includes most blueberries grown in the Midwest.

**Rabbiteye:** These are grown in the Southeast.

**Lowbush:** These are grown in Maine and Nova Scotia.

### Selection Info

Pick berries that are firm. Avoid bruised, damaged, or leaking berries.

### Preparation

Blueberries can be eaten raw or cooked. Raw blueberries can be eaten out of hand and are an excellent choice for packed lunches, picnics or car trips because they are not messy and don't readily spoil.

**Stove Top:** You can make blueberry sauce for ice cream and other desserts. Add 2 cups of blueberries to a saucepan with 2 tablespoons of water, a quarter cup of sugar, and a squeeze of lemon. Cook over medium heat, stirring constantly, until the berries begin to break down. You can use this

sauce hot or cold. If you prefer a thicker sauce, add 1 teaspoon of corn starch in a quarter cup of cold water for every cup of blueberries. Stir the corn starch slurry into the sauce and simmer for 5 minutes, stirring constantly.

**Baked:** You can make blueberries into pies or other baked desserts. Generally they are added raw and then baked in the pastry. Because they don't require any time to prep or cut, blueberries are an excellent choice for baking if you are short of time.

### Storage

**Short-Term Storage:** Store berries in the refrigerator in a single layer in a shallow container with a loose lid. Blueberries have a longer shelf life than other berries, and can be stored anywhere from 10 days to two weeks. Only wash what you are going to eat immediately. Blueberries store much better unwashed.

**Long-Term Storage:** Blueberries can be frozen or canned. To freeze blueberries whole, discard any berries that are spoiled or have insect damage. Lay the berries in a single layer on a rimmed cookie sheet and freeze overnight. Pack the frozen berries in freezer bags and use within 6 to 8 months.



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# BLUEBERRY CHICKEN PASTA SALAD WITH FIELD GREENS

## Ingredients

### For the blueberry vinaigrette

- 1/2 cup fresh blueberries
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 2 teaspoons honey
- 1/4 teaspoon salt

### For the salad

- 1 1/2 cups fresh blueberries
- 3 cups cooked whole grain penne pasta (cooled)
- 12 ounces cooked chicken breast (sliced)
- 4 cups field greens
- 1/2 cup red onion (chopped)
- 1 medium red sweet pepper (chopped)



Learn more about **BLUEBERRY** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=blueberry>.

## Directions

1. Cook pasta according to package instructions.
2. In a blender, add all of the blueberry vinaigrette ingredients. Blend until smooth, and set aside.
3. In a medium size bowl, toss all ingredients with dressing.

 *Share your recipes!*

### Nutrition Information

Serving Size	1/4 of recipe	
<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	390	
Protein	32g	
Carbohydrates	41g	14
Dietary Fiber	7g	28
Total Fat	11g	17
Saturated Fat	2g	10
Cholesterol	70mg	23
Sodium	250mg	10