

Stacy Beeson, RD, LD
St Luke's Registered Dietitian
Channel 7 Me on Monday Nutrition Segments

Nutrition Segment August 6, 2007 *Wacko for Huckleberries!*

Huckleberry season is upon us. Berries are considered a super food and in my eyes are the top fruit to consume. Berries have high amounts of phytochemicals, which are plant components that help fight disease. They are high in fiber, potassium and vitamin C. Aim for 1 cup of berries when you do indulge. One cup of huckleberries has 81 calories and 4 g of fiber.

Mixed Berry Crisp (makes 8 to 10 servings)

Ingredients:

5 to 6 cups mixed berries, (huckleberries, blueberries, raspberries, blackberries, strawberries or any combo)

1/3 cup sugar

2 Tablespoons finely grated lemon peel

2/3 cup whole-wheat pastry flour

1 cup old-fashioned oats

1/2 cup packed brown sugar

2 Tablespoons ground flax seeds

1 teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon nutmeg and salt

1/4 cup canola oil

Preheat oven to 375 F. Combine berries, sugar, lemon peel and 1/3 cup flour in a medium bowl. Spoon mixture into a 9-inch square baking dish coated with cooking spray. Combine remaining flour, oats, brown sugar, flax seed and spices. Add oil, stirring with a fork until crumbly. Sprinkle over berry mixture. Bake for 40-45 minutes or until berry mixture is bubbly and topping is golden brown. You can also make mini crisps using a muffin tin.

Nutrition Information per 1/2 serving: 220 calories, 6 grams of fat (.5 grams saturated fat), 3.5 grams protein, 38 grams carbohydrates, 4 grams fiber, 0 milligrams cholesterol.