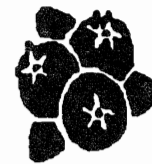


2003



# Blueberry Recipes



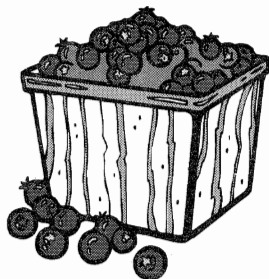
Have a favorite recipe for blueberries? Please submit your recipes and watch for them in next year's recipe sheet! If your recipe is used, you will receive a complimentary gift.

## Berry Crumble

3 cups blueberries or 1 package (12 or 16 oz.) frozen blueberries  
 2 Tbsp.. lemon juice  
 2/3 cup packed brown sugar  
 1/2 cup Gold Medal® all purpose flour  
 2/3 cup quick cooking oats  
 1/3 cup margarine or butter, softened  
 3/4 tsp.. ground cinnamon  
 1/4 tsp. salt  
 Cream or ice cream

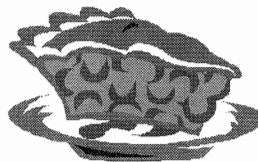
Spread berries in square microwavable dish, 8x8x2 inches. Sprinkle with lemon juice. Mix remaining ingredients except cream; sprinkle over berries. Microwave uncovered on high (100%) 7 to 10 minutes or until berries are hot and bubbly. Let stand uncovered 10 minutes. Serve warm with cream. 4-6 servings. If using self-rising flour, omit salt. Note: unbleached flour can be used in this recipe.

Conventional oven directions: Heat oven to 375°. Use square baking dish, 8x8x2 inches. Bake about 30 minutes or until topping is light brown and berries are hot. High altitude directions (3500 to 6500 feet) No adjustments are necessary. Submitted by Bonnie Walkner, Climax, MI



## Blueberry Lemon Torte

Bake 9x13 white cake (cool) cut into small squares. Prepare one package of lemon pudding according to directions. Layer in glass dish:  
 Cake  
 Pudding  
 Blueberries  
 Cool Whip  
 Repeat layers ending with Cool Whip & sprinkle blueberries on top.  
 Recipe courtesy of Jan Fitzpatrick



## Blueberry Pizza

1 pkg cream cheese  
 2 eggs  
 1 tsp. vanilla  
 1/2 cup sugar  
 1/3 cup chopped walnuts

**Pie Crust Dough**  
 2 cups flour  
 2 Tbsp. butter & 2/3 cup shortening  
 1 tsp. salt  
 4 to 5 Tbsp. ice water

**Topping**  
 4 cups fresh blueberries  
 1 cup sugar  
 1/4 tsp. each cinnamon & salt  
 1/2 cup water  
 1 Tbsp. butter

Make pie dough. Roll dough on lightly floured surface to 1/8 " thick circle. Fit into a 14" x 1" pizza pan. Trim & flute edge. Heat oven 350°. Bake until crust is golden, about 15 minutes. Blend cheese, eggs, sugar, vanilla and nuts. Pour over pie crust, return to oven for 10 minutes. Cool.

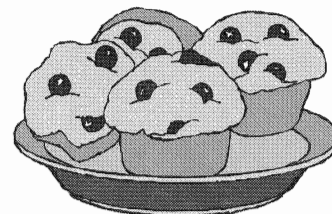
**Topping**  
 Mix 2 cups blueberries with 1/4 cup sugar. Set aside. In sauce pan mix remaining sugar, corn starch, cinnamon, salt & water. Add remaining blueberries and butter. Heat to boil and simmer until thickened. Stir in sugar and berries. Remove from heat. Cool 30 minutes. Pour cooled berry mixture over cream cheese. Refrigerate 1 hour.  
 From Kitchen of Esther Nolan



## Blueberry Pie

Blue ribbon winner at Cass Co. Fair 2002  
 4 cups blueberries (fresh or frozen)  
 1 cup sugar  
 1/4 cup flour  
 1 Tbsp. corn starch  
 1/2 cup crushed pineapple  
 Mix together in bowl while making crust.

**Crust**  
 1 1/3 cup butter flavored shortening  
 3 cups flour  
 1 1/2 tsp. salt  
 Blend together until well mixed with fork or pastry blender.  
 Add:  
 5 Tbsp. water (cold)  
 1 tsp. vinegar (Whip together in small bowl and add to dry ingredients - Stir to moisten)  
 1 beaten egg  
 Bake at 350° for 50 to 60 minutes  
 From Kitchen of Mary Fosdick



This is another good recipe. We've been doing this for years. It goes big at pot lucks. This recipe originally called for Solo filling. We improvised.

## Czechoslovakian Slices

2 cups butter  
 2 cups sugar  
 4 eggs  
 4 cups flour  
 Cream butter and sugar until fluffy. Add eggs one at a time and beat. Last add flour & nuts or sprinkle 1 cup nuts on top. Batter only. Grease & flour pan. Dough is very soft. Spread half of dough, then spread blueberries on top. Cover completely then spoon remaining batter on top and spread with knife gently. Bake 1 hr at 350°. Sprinkle with powdered sugar. I use a cookie sheet with 1" sides, a 9x13 is too small. Try it, you'll like it.  
 From Kitchen of Esther Nolan

## Chicken Pasta Salad with Blueberries

### Dressing

1 cup fat free red wine vinegar dressing

### Salad

3 cups spiral pasta

2 cups (about 1 lb.) cooked chicken, cubed

1 cup sliced celery

1 cup fresh blueberries

1 cup pea pods, trimmed, cut-in-half

1/2 cup finely chopped red pepper

1/4 cup chopped parsley

1/4 cup chopped red onion

1/4 cup red wine vinegar

2 to 3 Tbsp. chopped fresh basil

Salt and pepper to taste

1/2 cup freshly grated Parmesan cheese

Cook pasta according to directions on package. About 1 minute before it is cooked, add the pea pods. Drain and rinse with cold water. To a large bowl, add pasta and pea pods along with the remaining salad ingredients except Parmesan cheese. Toss with 1/2 cup red wine vinegar dressing. Cover, refrigerate several hours or overnight to blend flavors. Before serving, toss with remaining dressing and Parmesan cheese.

*Nutritional information per serving:*

*Calories 191, total fat 4 g., cholesterol 36 mg., sodium 382 mg., potassium 203 mg., total carbohydrates 21 g., protein 16 g.*

## Fresh Blueberry-Strawberry Mousse Pie

1 envelope unflavored gelatin

1/4 cup cold water

2 Tbsp. lemon juice

1 cup (1/2 pint) fresh blueberries, finely chopped

1 cup sliced fresh strawberries, hulled and finely chopped

3/4 cup confectioners' sugar

1 (8 oz.) container lite whipped topping

1 9-inch prepared graham cracker crumb crust

In a small saucepan, sprinkle gelatin over cold water, let stand 1 minute. Stir over low heat until gelatin is completely dissolved (about 1 minute). Stir in lemon juice, set aside to cool. In a large bowl, add blueberries, strawberries, and confectioners sugar, toss to coat. Stir in dissolved gelatin. Fold in whipped

topping, spoon pie mixture into crust.

Refrigerate 3 to 4 hours or until firm.

Serve with blueberry sauce.

### Blueberry Sauce

2 cups fresh or frozen blueberries, thawed

1/4 cup orange juice

1/4 cup water

1/4 cup sugar

1 Tbsp. corn starch

Combine all ingredients in a medium saucepan. Cook and stir over medium heat 4 to 5 minutes or until thickened. Makes about 2 cups.

*Nutritional information per serving*

*includes 1/4 cup Blueberry Sauce per serving:*

*Calories 336, total fat 11 g., cholesterol 0 mg., sodium 176 mg., potassium 147 mg., total carbohydrates 55 g., protein 2 g.*

## Blueberry & Tortellini Fruit Salad

### Dressing

1/2 cup low fat poppy seed dressing

### Salad

1 9-oz. package Three Cheese Tortellini pasta

1 cup fresh blueberries

1 cup sliced fresh strawberries

1 (11 oz.) can Mandarin Orange segments, drained

3/4 cup green grapes

1/4 cup sliced almonds

Cook pasta according to directions on package; drain. In a large bowl, add pasta and salad ingredients. Pour dressing over salad and toss lightly, refrigerate until ready to serve.

Note: Three Cheese Tortellini pasta is found in the refrigerated section of your grocery store. Various other fruits such as bananas, peaches, apples and oranges may be used.

*Nutritional information per serving:*

*Calories 216, total fat 6 g., cholesterol 20 mg., sodium 317 mg., potassium 262 mg., total carbohydrates 35 g., protein 8 g.*

*Recipes on this page  
courtesy of MBG Marketing,  
Grand Junction*

## Glazed Blueberry Breakfast Rolls

1 (10 oz.) can refrigerated pizza crust dough

vegetable cooking spray  
flour

### Blueberry Filling:

3/4 cup blueberries, finely chopped

2 Tbsp. orange juice

2 Tbsp. sugar

2 tsp. corn starch

1 tsp. grated orange peel

### Glaze:

1/2 cup powdered sugar

1 Tbsp. milk

1/2 tsp. grated orange peel

Preheat oven to 375°. Coat 12 muffin cups with vegetable cooking spray. In a small saucepan, combine blueberry filling ingredients, stirring to dissolve corn starch. Cook over medium heat, stirring constantly until thick and bubbly (about 3 minutes). Set aside to cool for 10 minutes. Unroll pizza dough onto a lightly floured surface; pat into a 12x9 rectangle. Spread blueberry filling over dough, leaving a 1/2-inch border along the sides. Beginning with a long side, roll up jelly-roll fashion; pinch seam to seal (do not seal ends of roll). Cut roll into 12 (1-inch) slices. Place slices, cut sides up, in coated muffin cups. Bake 12 to 15 minutes or until lightly browned. Remove rolls from pan; cool on a wire rack for at least 15 minutes before adding glaze. For glaze; combine powdered sugar, milk, and grated orange peel, stirring until smooth. Drizzle icing over rolls.

*Nutritional information per serving:*

*Calories 96, total fat 1 g., cholesterol 0 mg., sodium 131 mg., potassium 15 mg., total carbohydrates 20 g., protein 2 g.*

## Blueberry Fruit Smoothie

1 cup low-fat vanilla ice cream

1 cup fresh or frozen blueberries (do not thaw)

1/2 cup light peaches, packed in water or natural juices, chopped

1/2 cup unsweetened pineapple juice

1/4 cup low-fat vanilla yogurt

Place all ingredients in a blender. Cover and mix until smooth, about 30 to 45 seconds.

*Nutritional information per serving:*

*Calories 223, total fat 4 g., cholesterol 17 mg., sodium 77 mg., potassium 277 mg., total carbohydrates 42 g., protein 5 g.*

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