

Seasonal Eating
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It's Strawberry Season!
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Reimagining traditional recipes with different ingredients and flavor combinations can upgrade and diversify your recipe arsenal. Strawberries lend themselves to so many dishes and can add so many options when they are at their peak this month. Here are some ways to reimagine classic recipes with strawberries.

Strawberry shortcake is a traditional use for fresh strawberries. A biscuit or cake base with chopped or sliced strawberries in sugar with fresh whipped cream on top is a delicious classic. But if you want to reimagine your shortcake, try these variations:

Chocolate-Infused Shortcakes: Swap out plain biscuits for cocoa-infused ones. The rich chocolate flavor pairs wonderfully with the sweet-tart strawberries.

Balsamic Reduction: Drizzle a balsamic reduction over the strawberries for an unexpected twist. The tangy-sweet notes complement the fruit beautifully.

Rose Petal Strawberries: Add dried edible rose petals to your strawberry mixture for a lovely, slightly floral undertone. Make sure your rose petals have not been sprayed and are labeled for culinary use. You could also add a little rose water, if you don't have the petals.

Beverages are another option to reimagine with strawberries. Lemonade and spritzers are two options.

Add a blend of fresh strawberries with lemon juice, water and a touch of honey or sugar for a refreshing lemonade.

Muddle strawberries and basil leaves, then mix with sparkling water. Garnish with a strawberry slice and a sprig of basil.

Try a pizza variation.

Move over, pineapple! Spread a thin layer of cream cheese on a pizza crust, top with sliced strawberries and drizzle with honey. You can add a little ham or Canadian bacon, if desired. Bake until golden and enjoy a fruity, cheesy delight.

Mix cream cheese with a little sugar and spread over a sheet pan of cooled sugar cookie dough crust. Add sliced strawberries and a drizzle of heated jelly over the top for a glaze.

Reimagine your salsa or a relish. Strawberry salsas are a delightful twist on the classic tomato-based salsa. These vibrant and flavorful condiments showcase the natural sweetness of strawberries, balanced with tangy and spicy elements.



Simmer strawberries with balsamic vinegar, brown sugar and a pinch of black pepper. Spoon it over grilled pork chops or roasted chicken.

Try the strawberry salsa recipe below with baked cinnamon sugar chips for a fruity, savory appetizer.

So enjoy the strawberry season and try out some new variations on traditional recipes. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Strawberry Salsa with Cinnamon Sugar Chips

8 ounces strawberries, hulled and chopped
2 kiwis, peeled and chopped
2 green onions, sliced
1 jalapeño pepper, seeded and finely chopped
1/4 cup chopped cilantro
1/4 teaspoon ground cumin
1 teaspoon brown sugar
pinch kosher salt
Juice of 1/2 lime
8 small flour tortillas (street taco size)
vegetable spray
1 1/2 tablespoons sugar
3/4 teaspoon ground cinnamon

In a medium bowl, stir together the strawberries, kiwi, green onions, jalapeno, cilantro, cumin, brown sugar, salt and lime juice. Let stand at room temperature for an hour or so and then refrigerate until ready to serve. For the chips, cut the tortillas into quarters and place on a baking sheet lined with parchment paper. Spray lightly with vegetable spray. Bake at 400 degrees for 5 minutes. Remove from oven and turn chips over, spraying the other side lightly with vegetable spray. Return to oven for 4-5 minutes more or until lightly browned and crisp. Stir together the sugar and cinnamon in a small bowl. Remove chips when done and spray again lightly with vegetable spray. Sprinkle with cinnamon sugar mixture. Serve with salsa.