Louisiana HARVEST of the MONTH

Roasted Strawberry Hearts

Home Recipe

Serves: 4
Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients

- ½ pound strawberries
- 2 tbsp sugar
- 1 tsp vanilla extract

Cooking Instructions

1) Preheat oven to 350 F. Line a large baking sheet with parchment paper.
2) Rinse and pat dry strawberries. Cut the tops off in a v to create the heart shape. You can slice the berries in half or roast them whole.
3) Place strawberries on lined baking sheet and toss with sugar and vanilla.
4) Bake until caramelized, 25 to 30 minutes.
5) Once cooled store in an airtight container in the refrigerator up to a week. Is a great topping for yogurt parfaits and oatmeal.

Nutrition Facts

4 Servings Per Container
Serving Size **1/3 cup (68g)**

Amount Per Serving
Calories **60**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrates 14g	**5%**
Dietary Fiber 1g	**4%**
Total Sugars 13g	
Includes 10g Added Sugars	**20%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 90mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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