



CAMPUS KITCHEN  
AT THE UNIVERSITY OF KENTUCKY



MAY 2025

# Hope You Had a BERRY Good Semester!

FEATURING STRAWBERRIES

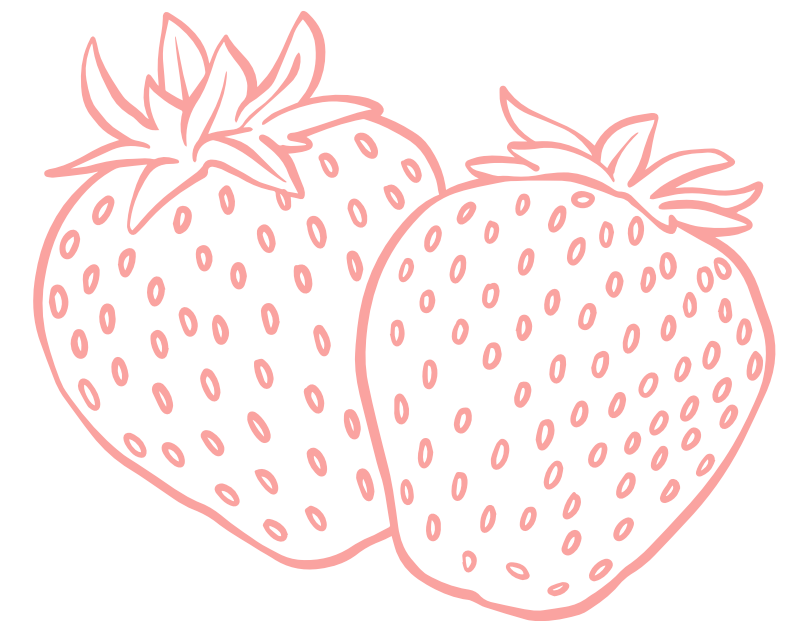


# Strawberries

Strawberries are bright red, juicy fruits known for their sweet flavor and numerous health benefits. Originally native to North and South America, wild strawberries were cultivated in Europe in the 18th century after a French explorer brought larger varieties from Chile.

Botanically, strawberries aren't true berries, as their seeds are on the outside. They are rich in vitamin C, manganese, and antioxidants, which support immune health and reduce inflammation. Low in calories and high in fiber, strawberries aid digestion and help regulate blood sugar. Interestingly, there are over 600 varieties of strawberries, and they're the first fruit to ripen in spring.

Beyond nutrition, strawberries are also used in cosmetics and traditional medicine for their skin-enhancing and anti-aging properties.



# Chicken Salad with Strawberries

**Materials:** cutting board, knife, bowl, spoon

**Ingredients:** ¼ cup mayonnaise, 1 tsp lemon juice, ½ tsp honey, 1 cup (cooked) chicken, ¾ cup strawberries, 1/8 cup pecan, ½ stalk celery, 1 stalk green onion, 1 tsp parsley, salt and pepper

**Instructions:**

1. Shred one cup of cooked chicken.
  - You can bake or boil your own, or use a rotisserie chicken from the grocery store for even more convenience!
2. Chop strawberries, celery, pecans, and green onions into small bite-size pieces.
3. Mix all the ingredients together in a bowl. Serve with toast to make a lovely summer sandwich or with crackers for a quick snack!



# Strawberry Dessert Bar

**Materials:** bowls, spoons, plastic bags, cutting board, knife

**Ingredients:** strawberries, semi-sweet chocolate, heavy cream. Optional: candy, cookies (ie. Oreos), nuts, brownie/cake box mix

Dubai Chocolate Filling: pistachio spread, kataifi, tahini

## Instructions:

1. Bake brownie and/or cake mix as per instructions on the box. After baked good is done cooling, cut into 1 inch cubes.
2. Cut strawberries into quarters or halves, depending on size of strawberries. Keep strawberries chilled until serving.
3. Cut candy bars, cookies, and/or nuts with a knife into small pieces. Or crush candy bars or cookies in a plastic bag.
4. Chop room temperature kataifi into 1 cm pieces. Fry in a pan for 5-10 minutes until crispy, stir consistently. Mix with a large portion of pistachio spread and add a small amount of tahini for desired texture.
5. Chop semi-sweet chocolate into fine pieces. Heat up heavy cream until simmering around the edges. Pour chocolate into warm heavy cream and let sit. After 1 minute, mix into a smooth ganache.
  - Use a 1:1 ratio of chocolate to heavy cream (ie. 8 oz of chocolate to 8 oz of heavy cream)
6. Prepare a dessert cup with strawberries, chocolate ganache, and a variety of toppings!



# Easy Strawberry Napoleon

**Materials:** baking sheet, bowl, spoon, spatula, sifter (optional)

**Ingredients:** 1 package of instant vanilla pudding, 1 cup cold milk, 1.5 cups of whipped topping, ½ package of frozen puff pastry, 1 pint of strawberries, ¼ cup of powdered sugar

## Instructions:

1. Preheat oven and prepare frozen puff pastry as per package's instructions.
2. While preheating, mix pudding, cold milk, and after combined fold in whipped topping.
3. Slice strawberries thin and keep cool.
4. Bake puff pastry and let cool. Split pastry into two layers and set aside the best looking 8 tops. Take a pastry and cover it in a layer of cream, strawberries, cream, pastry, and repeat. Makes 8 three layered desserts.
5. Dust desserts with powdered sugar.



# Notes on Working with Strawberries

**Storing Strawberries:** refrigerate strawberries in original container and avoid washing until ready for consumption. Keep them refrigerated in the crisper drawer and keep them dry to prevent mold growth.

**Meal Prep:** cut strawberries are good for 3-5 days in the refrigerator. Maintain some dryness. Strawberries can also be frozen for up to a year.

**How to Store Strawberry Dishes:** chicken salad is good for 3-4 days. It is best to keep strawberries dry and cool to prevent spoilage. The pastry dessert can also last 3-4 days.





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**Campus Kitchen at UK** is a student-led service organization in the **Department of Dietetics and Human Nutrition in the Martin-Gatton College of Agriculture, Food, and Environment.** We were founded in 2014 with the focus of minimizing food waste, improving food security, and bringing awareness to food sustainability in the UK and Lexington communities!

Join us for **Farm-to-Fork** every Wednesday from 11AM- 1PM during the regular school year in Funkhouser 207 or Ag. North N24, where students can get a free, well-balanced meal made by us. Or volunteer with us to recover, cook, or deliver food!

**Locally Chopped** is a new initiative at CKUK happening once a month during Farm-to-Fork at Funkhouser 207 where we show you how to prepare two different dishes of a local, seasonal ingredient. AND you get to take home some of that ingredient with you! WITH recipes made with college students in mind!

Follow us on Instagram @ckkentucky and we hope to see you soon!

