

Antioxidant Rich Recipes

Antioxidants are protective chemicals that are naturally found in plants. They help to protect your body from damaging free radicals that are formed in your body and that destroy tissues and contribute to diseases like cancer. When you eat a variety of colored fruits and vegetables, you can be sure that you are eating a wide variety of vitamins, minerals and antioxidants. The recipes below contain at least 1 antioxidant such as lycopene, found in red fruits and vegetables, anthocyanins, found in blue and purple fruits and vegetables and Vitamin C, E and A.

Ingredients

1 ripe **banana**, sliced
1/2 cup **raspberries**
1/4 cup **blueberries**
1 1/2 teaspoons honey
1/8 teaspoon **ground cinnamon**
1/2 cup **unsweetened apple juice**
1/2 cup ice



Berry-Banana Smoothie

There's no more classic – or antioxidant-rich – combo than fresh berries and bananas. Here, just a touch of honey shines up their flavors even more.

Serves: 2

Preparation time: 5 minutes

Preparation

1. Place ingredients in the order listed in a blender. Pulse twice to chop the fruit, stir well, then blend until smooth. Serve immediately.

Nutrition Facts

Per serving:

126 calories, 0 g fat (0 g sat, 0 g mono), 0 mg cholesterol, 33 g carbohydrate

1 g protein, 5 g fiber, 4 mg sodium, 338 mg potassium

Quick Pork Saute with Blackberries

4 servings | **Active Time:** 25 minutes | **Total Time:** 30 minutes



Ingredients

- 4 4-ounce boneless pork loin chops, 1/2 inch thick, trimmed
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground pepper
- 3 teaspoons extra-virgin olive oil, divided
- 1/3 cup finely chopped shallot, (1 large)
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1/2 cup port, or brewed black tea
- 1/2 cup black currant nectar, blackberry or blueberry juice (see Ingredient note)
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons balsamic vinegar
- 1 1/2 teaspoons cornstarch
- 1 1/2 teaspoons water
- 1 cup fresh or frozen and thawed blackberries, (see Tip)
- 2 teaspoons butter

Preparation

1. Season pork chops with salt and pepper. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the pork and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate. (Do not wash skillet.)
2. Add remaining 1 teaspoon oil to the pan. Add shallot and thyme; cook, stirring, for 30 seconds. Add port (or tea), black currant nectar (or blackberry or blueberry juice), broth and vinegar; bring to a boil, scraping up any browned bits. Cook, stirring occasionally, for 5 minutes to reduce sauce and intensify flavor.
3. Mix cornstarch and water in a small bowl. Add to the sauce and stir until lightly thickened. Reduce heat to low. Add blackberries and butter. Simmer, stirring, just until the butter has melted. Return the pork chops and any accumulated juices to the pan; turn to coat with sauce. Serve immediately.

Nutrition

Per serving : 264 Calories; 8 g Fat; 3 g Sat; 3 g Mono; 57 mg Cholesterol; 11 g Carbohydrates; 22 g Protein; 2 g Fiber; 342 mg Sodium; 624 mg Potassium