



Strawberries with Walnut Crumble

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

4 tablespoons (¼ cup) walnuts, chopped
1 tablespoon sugar
1 teaspoon lemon zest
2 teaspoons lemon juice
2½ cups sliced fresh strawberries (about 1 pound)
½ cup uncooked quick (1-minute) oats
2 tablespoons brown sugar
1½ tablespoons all-purpose flour
¼ teaspoon ground cinnamon

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the walnuts and cook, stirring or shaking often, until fragrant and toasted, about 2-3 minutes. Remove the walnuts from the pan and set aside.
3. Place the pan back over medium-high heat. Add the sugar, lemon zest, and lemon juice. Cook, stirring constantly, until the sugar melts and the mixture begins to bubble, about 1-2 minutes.
4. Add the strawberries and stir until the mixture is juicy and heated through, about 1-2 minutes. Remove from the heat and set aside.
5. In a small mixing bowl, stir together the oats, brown sugar, flour, and cinnamon.
6. Add the oat mixture to the berry mixture, and stir gently until partially combined. Let sit until the flour soaks up the liquid from the strawberries, about 1-2 minutes.
7. Divide the strawberry mixture into four serving bowls and top each with 1 tablespoon of the walnuts. Serve warm.

Recipe Notes

- Substitute other fresh berries (e.g. blueberries, raspberries, blackberries) if desired.

Nutrition Facts Per Serving: Calories: 155 | Total Fat: 5.5 g | Saturated Fat: 0.5 g
Sodium: 45 mg | Total Carbohydrate: 24 g | Dietary Fiber: 3.5 g | Protein: 4 g

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