



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Strawberry Shortcake

### Ingredients:

- 1 ¼ cups flour
- ½ cup enriched cornmeal
- 3 Tablespoons sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt
- ¼ cup butter
- ½ cup 1% milk
- 1 egg, beaten
- vegetable oil spray

### Fruit Topping:

- 4 cups sliced strawberries
- 2 Tablespoons sugar

*Makes 8 servings - 27% calories from fat*

### Instructions:

1. Heat oven to 450° F. Prepare 9 inch round cake pan with vegetable oil spray.
2. Combine dry ingredients. Cut in butter until mixture resembles fine crumbs.
3. Stir in milk and egg, mixing just until blended.
4. Spread dough into prepared pan.
5. Bake 10 to 15 minutes or until golden brown.
6. Serve warm with fruit topping.

### Note:

- Other fruit toppings may be used; such as rhubarb sauce, raspberries, applesauce, fruit cocktail, or your favorite fruit

| Nutrition Facts  |                              |
|--|------------------------------|
| Serving Size 1 piece   |                              |
| Servings Per Container 8   |                              |
| Amount Per Serving   |                              |
| <b>Calories 230</b>  | <b>Calories from Fat 60</b>  |
| <b>% Daily Value*</b>  |                              |
| <b>Total Fat 7g</b>  | <b>11%</b>                   |
| Saturated Fat 4g   | <b>20%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol 45mg</b>  | <b>15%</b>                   |
| <b>Sodium 410mg</b>  | <b>17%</b>                   |
| <b>Total Carbohydrate 37g</b>  | <b>12%</b>                   |
| Dietary Fiber 3g   | <b>12%</b>                   |
| Sugars 13g   |                              |
| <b>Protein 4g</b>  |                              |
| Vitamin A 4%   | • Vitamin C 80%              |
| Calcium 8%   | • Iron 10%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.