Featured Recipe

Olson Women's Health Resource Center
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Skillet Berry Cobbler

Berries, the brightly colored fruits, are known to have several health benefits. Some benefits of eating berries include reducing the risk of heart disease, lowering blood pressure, improving cholesterol levels and reducing inflammation. Other benefits of berries include reducing the risk of cancer, improved cognitive function and digestive health. Berries are also lower in calories than most other fruits. You are going to love this recipe!

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INGREDIENTS

- 4 cups your choice of fresh berries
- 1 cup granulated sugar
- ½ cup all-purpose flour
- 1 tablespoon cornstarch
- ½ teaspoon salt

Crumble Topping

- 1 cup all-purpose flour
- ¾ cup rolled oats
- ½ cup sugar
- ½ teaspoon kosher salt
- ½ teaspoon cinnamon
- 1 ½ sticks (3/4 cup) cold unsalted butter, cut into small cubes

INSTRUCTIONS

1. Preheat oven to 375° F.
2. In a 10-inch cast iron skillet, toss together berries, sugar, ½ cup flour, cornstarch and salt. Smooth berry into an even layer.
3. In a stand mixer with a paddle attachment, add the 1 cup flour, oats, sugar, salt and cinnamon. Add the butter and mix until the texture is coarse clumps and mixture will hold together in clumps when you squeeze it with your hand.
4. Spread the crumble topping evenly on top of the berry mixture with your hand and press it down lightly.
5. Bake for 35 to 40 minutes, until the edges are bubbling and the top is golden brown. Serve warm with vanilla ice cream!

Prep Time: 10 minutes **Cook Time: 40 minutes** **Total Time: 50 minutes** **Servings: 6**

NUTRITION

Calories: 420 Cal **Total Sugars: 56g** **Fat: 4g** **Protein: 6g** **Dietary Fiber: 6g** **Cholesterol: 8mg**

Source: https://thenovicechefblog.com/skillet-berry-cobbler/

Olson Wellness Exchange

The Olson Wellness Exchange is a free wellness program offered by the Olson Center, designed to help community members incorporate health and wellness into their daily lives. By joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in the Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. membership include discounts to Olson Center for Women's Health sponsored events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4th Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at www.unmc.edu/obgyn/community/.