

COMMODITY FOODS

DATES



- Fresh or dried dates should look plump and smooth and may have a little wrinkling of the skin.

Storage

- Store in air tight container.

	<u>Fresh Dates</u>	<u>Dried Dates</u>
Refrigerated:	3-12 months	1 year
Frozen:	Several years	5 years

Uses & Tips

- For easier cutting/slicing, freeze dates for one hour.
- Dried dates can be plumped by soaking in hot water for 15 minutes.
- Stir chopped dates into peanut butter or cheese and use as a sandwich spread.
- Add chopped dates to vegetables, poultry stuffing or chicken salads.

- Use chopped dates in place of raisins in baked goods
- Make a low fat shake by blending dates, low fat milk and frozen yogurt.

Date Muffins Makes 12 muffins.

1 1/4 cups flour	3/4 cup milk or prepared nonfat dry milk
2 Tbsp. sugar	
2 1/2 tsp. baking powder	1/3 cup oil
1/2 tsp. salt	1/2 cup chopped dates
1 egg, beaten	

1. Preheat oven to 400°F. Grease muffin pan.
2. Combine flour, sugar, baking powder and salt.
3. Combine egg and milk and add to dry ingredients.
4. Add oil and mix until moist. Stir in chopped dates.
5. Fill muffin cups about two-thirds full.
6. Bake for 25 minutes or until golden brown.

NUTRITION FACTS (per muffin) - Calories 140 ~ fat 7 g ~ calories from fat 60 ~ sodium 210 mg ~ total carbohydrate 19 g ~ fiber < 1 g