

COMMODITY FOODS

FIGS



Storage

- Store dried figs in a cool, dry place. Use within 2 years.
- Store opened package of figs in air tight container in the refrigerator. Use within 6 months.

Preparation/Cooking

- A white coating, that is sugar crystals, may form on figs. It can be removed by washing figs in warm water.
- **Baking and cooking with figs:** Remove the stem with knife or scissors. (Dip scissors in water to prevent stickiness when cutting figs.) Chop or cut fig into pieces and substitute for raisins in baked goods.
- **To stew:** Cover figs with water and simmer for 30 minutes or until soft.

Uses and Tips

- Dried figs are a ready-to-eat snack.
- Add to a mix of nuts, cereal and raisins.
- Sprinkle on top of dry or cooked cereal.
- Add sliced or chopped figs to muffins, breads, cookies or other desserts.
- Add to ham, chicken, and turkey main dishes, sandwiches, salads and in sauces.

Cinnamon Wheat Snacks Serves 12.

1/3 cup butter /margarine	4 cups shredded wheat (small size)
2 Tbsp. brown sugar	1 cup salted peanuts
3/4 tsp. ground cinnamon	1 cup chopped figs

1. In large skillet, over medium heat, melt butter or margarine.
2. Blend in brown sugar and cinnamon; stir until sugar is melted.
3. Reduce heat; add shredded wheat and peanuts; stir until lightly browned, about 5-7 minutes.
4. Remove from heat, stir in chopped figs.
5. Cool to room temperature, store in airtight container.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 11 g ~ calories from fat 100 ~ sodium 115 mg ~ total carbohydrate 27 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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