

COMMODITY FOODS

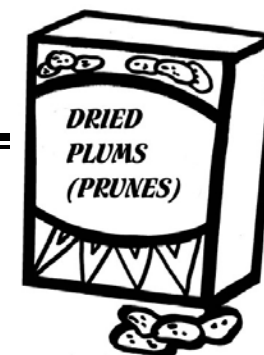
DRIED PLUMS (Prunes)

Storage

- ◆ Store dried plums in a cool, dry place. Use within 6-8 months.
- ◆ Store opened package of plums in air tight container in the refrigerator. Use within 6 months.

Uses & Tips

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



Fruit Salad Serves 6.

- 1 orange, peeled and sectioned
- 2 bananas, peeled and sliced
- 1 pear, cubed
- 1 cup seedless grapes
- 1/2 cup prunes, diced
- 1/3 cup nuts (optional)
- 1 cup lowfat vanilla yogurt
- 1/4 tsp. cinnamon
- A pinch of nutmeg

NOTE: Canned fruit may be used in place of fresh fruit

1. In a medium bowl combine fruit and nuts.
2. Just before serving mix yogurt and spices, add to fruit and gently stir.

NUTRITION FACTS (per serving) - Calories 160 ~ fat 1 g ~ calories from fat 10 ~ sodium 30 mg ~ total carbohydrate 37 g ~ fiber 4 g



UNIVERSITY OF ILLINOIS
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