

Plum Good Ideas

California dried plums are sun-ripened plums, dried at their peak of ripeness. Pitted and ready to use, California dried plums offer a boost of nutrition and flavor. Moist and chewy, they're great as a snack and easy to use in a variety of dishes like the following.



Breakfast

Top it Off – Use plump pitted dried plums atop hot oatmeal, cold ready-to-eat cereals or with sliced bananas on pancakes.

Plum Perfect – Layer pitted dried plums with flavored or plain nonfat yogurt, applesauce and lowfat granola; sprinkle with cinnamon.

Better Batters -- Add chopped pitted dried plums to any muffin, pancake or quickbread batter for a hint of sweetness and extra fiber.

Bagel Spread – Add chopped pitted dried plums to apple butter, orange marmalade, peanut butter or cream cheese for a flavorful and nutritious spread for toast or bagels.

Plum Juicy – Cover dried plums in orange juice and refrigerate overnight; serve as a breakfast fruit or as a topping for waffles or pancakes.

Lunch

Super Cookies – Add chopped pitted dried plums to oatmeal, chocolate chip or molasses cookie dough for a touch of sweetness.

Perfect Pitas -- Include halved, dried pitted plums to turkey or chicken salad for a fun and tasty pita sandwich filling.

Fruit Cups – Combine pitted dried plums with cubed melon, apple chunks and pineapple pieces.

Classic Compote – Marinate dried pitted plums and other dried fruit (apricots, raisins, apples) in water or apple juice flavored with cinnamon and nutmeg overnight to plump dried plums. Or combine pitted dried plums with canned peaches, pears and pineapple in their juices. Serve chilled or at room temperature for a delicious fruit dish.

Fruit Salad – Make a simple salad with chopped dried plums, sliced banana and peeled orange segments. Top with honey-sweetened yogurt.

Dinner

Sensational Sidedishes – Sauté pitted dried plums with onion and apple slices for a flavorful accompaniment to chicken or pork.

Pork Partner – Slit sides of pork chops and stuff each with 3 to 4 pitted dried plums before baking for a perfect flavor pairing.

Plum Stuffing – Add chopped dried plums to stuffing for a touch of sweet and mellow flavor.

Easy Appetizer – For an impressively easy appetizer, wrap pitted dried plums with small strips of bacon before broiling or browning on the stovetop.

Desserts

Pastry/Pie Filling – Add tangy flavor to peach or apple pastry / pie fillings with halved/pitted dried plums.

Dazzling Dessert – Soak pitted dried plums overnight in orange juice. Spoon over ice cream or frozen yogurt in stemmed glass.

Chocolate Divine – Add chopped pitted dried plums to brownies or chocolate drop cookie doughs for chewy sweetness.

Snacks

Plum Best Bon Bons – Dip pitted dried plums into melted white, milk or dark chocolate; drain and place on waxed paper to set.

Peanut Butter Kisses – Slightly flatten two pitted dried plums between waxed paper, then sandwich together in pairs with crunchy peanut butter. Wrap in foil or plastic wrap, twisting ends to resemble candy kisses.

Stuffed Plums– Stuff pitted dried plums with cream cheese or almonds to serve as a snack.

Trail Mix – Mix diced dried plums with granola and nuts to take on a hike.

Anytime Snack – Stash a bag of dried plums in the glove compartment of your car, your purse or your desk drawer for a quick pick-me-up.

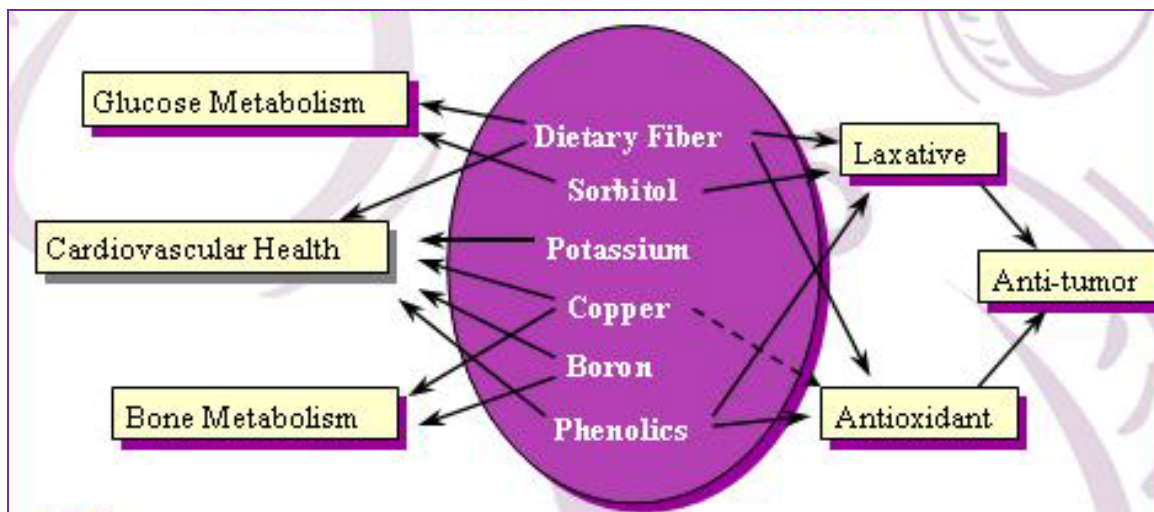
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California Dried Plums - The Sensational Superfruit

Dried Plum Nutrient Composition

- One-fourth cup of dried plums (about 5 or 40 grams) is a serving.
- Dried plums are a good source of dietary fiber; and provide both soluble and insoluble fiber.
 - A serving (5) has about 3 grams of dietary fiber.
- Carbohydrates in dried plums, including the sugars (glucose and fructose) are naturally occurring:
 - Dried plums contain no sucrose, a sugar that can be fermented by bacteria in the mouth and contribute to dental caries. Dried plums contain the non-fermentable sugar alcohol, sorbitol.
 - Fructose and sorbitol raise blood sugar levels slowly. Together with dietary fiber, these carbohydrates contribute to dried plums' low glycemic index.
- Dried plums score high in total antioxidant capacity.
- Dried plums have vitamin K and boron – important for bone health.
- Dried plums have potassium – important for heart health.
- Dried plums as a fruit contain no cholesterol; and are low in sodium, fat, and contain no *trans* fatty acids.
- Dried plums contain a number of plant compounds (phytochemicals) including phenolic compounds, which act as antioxidants.

Dried Plums' Web of Nutrient Functions



Stacewicz-Sapuntzakis. Critical Reviews in Food Science & Nutrition 2001; 41:4.

Dried plums are a source of dietary fiber, sorbitol, potassium, copper, boron and phenolic compounds which form a web of interrelated health promoting functions. Together these compounds help regulate glucose metabolism, promote cardiovascular health, are involved in bone metabolism, protect against cancer, and contribute to digestion.