

Plums



Key Points

- For the best buy, choose plums that are slightly soft to the touch.
- To prepare plums, allow them to reach room temperature for peak sweetness and juiciness.
- Store unripe plums on the counter at room temperature. Store ripe plums in the refrigerator for several days.
- Plums contain Vitamin K which is necessary for blood clotting.

Spiced Plums

Ingredients:

6 black or red plums, chopped
1 1/2 tablespoons honey
3/4 teaspoon cinnamon
1/2 teaspoon allspice (optional)

Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook 10 minutes, stir often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Adapted from
<http://theveggieclub.wordpress.com>

Plum Cucumber Salad

Ingredients:

6 black or red plums, diced
1 1/2 cups diced cucumbers
1/2 red onion, diced
1 bell pepper, diced
1/4 cup cilantro leaves, chopped (optional)
2 tablespoons balsamic vinegar, or other vinegar
1 tablespoon vegetable oil
Salt and pepper to taste

Directions:

1. In a large bowl, combine plums, cucumber, onion, pepper and cilantro.
2. In a small bowl, whisk vinegar, oil, salt and pepper.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Adapted from www.finecooking.com

Quick Tips

- Any type of plum can be used in place of another.
- Plums can be frozen raw. Simply rinse, dry, and remove the pit before freezing.
- Don't let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

Cooking is Family Time!

Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

Just Say Yes to Fruits and Vegetables

For more information about Stellar Farmers' Markets, visit nyc.gov and search "farmers' markets". Visit jsyfruitveggies.org for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Spiced Plums

Recipe Name:
Plum Cucumber Salad

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (81g) Servings Per Container | |
| Amount Per Serving | |
| Calories 50 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 1g | 4% |
| Sugars 12g | |
| Protein 1g | |
| Vitamin A 4% | • Vitamin C 6% |
| Calcium 0% | • Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (147g) Servings Per Container | |
| Amount Per Serving | |
| Calories 70 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 8% |
| Sugars 10g | |
| Protein 1g | |
| Vitamin A 8% | • Vitamin C 45% |
| Calcium 2% | • Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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Visit our website at www.jsyfruitveggies.org for more great recipes!

Ciruelas

Aspectos importantes

- Para comprar las mejores ciruelas, elija las que estén ligeramente blandas al tacto.
- Para preparar las ciruelas maduras, déjelas reposar para que alcancen la temperatura ambiente y tengan la mayor cantidad de jugo y dulzura.
- Puede dejar las ciruelas que no estén maduras sobre la encimera de la cocina a temperatura ambiente. Las ciruelas maduras se pueden guardar en el refrigerador por varios días.
- Las ciruelas contienen vitamina C, que es buena para combatir los resfriados y para sanar cortes de la piel.



Consejos rápidos

- Las ciruelas son más jugosas si se las deja a temperatura ambiente.
- Las ciruelas se pueden congelar, pero recuerde quitarles la semilla antes de congelarlas.
- Si quiere comerlas calientes, puede hornearlas a 200° F hasta que estén blandas y arrugadas.
- Recuerde lavar todas las frutas y los vegetales antes de usarlos.

Ciruelas con especias

Ingredientes:

6 ciruelas negras o rojas cortadas
2 cucharadas de miel
3/4 de cucharadita de canela
1/2 cucharadita de pimienta de Jamaica (opcional)

Instrucciones:

1. Mezcle las ciruelas, la miel, la canela y la pimienta de Jamaica en una cacerola mediano.
2. Lleve a hervor, baje el fuego y tape la cacerola. Cocine durante 10 minutos y revuelva con frecuencia.
3. Quite la tapa y cocine por 5 minutos más o hasta que las ciruelas se espesen.
4. ¡Sirva inmediatamente y disfrute!
5. Coloque lo que sobre en el refrigerador.

Rinde 6 porciones.

Adaptada de

<http://theveggieclub.wordpress.com>

Ensalada de ciruela y pepino

Ingredientes:

6 ciruelas negras o rojas cortadas en cubos
1 1/2 tazas de pepinos cortados en cubos
1/2 cebolla roja cortada en cubos
1 pimiento anaranjado cortado en cubos
1/4 de taza de hojas de cilantro cortadas (opcional)
2 cucharadas de vinagre balsámico u otro tipo de vinagre
1 cucharada de aceite vegetal
Sal y pimienta al gusto

Instrucciones:

1. En un recipiente grande, mezcle las ciruelas, los pepinos, la cebolla, el pimiento y el cilantro.
2. En un recipiente pequeño, bata el vinagre, el aceite, la sal y la pimienta.
3. Vierta el aderezo en el recipiente grande y mezcle para lograr una buena cobertura.
4. ¡Sirva y disfrute!
5. Coloque lo que sobre en el refrigerador.

Rinde 6 porciones.

Adaptada de www.finecooking.com

Para obtener más información sobre Stellar Farmers Markets, visite www.nyc.gov/health/farmersmarkets
¡Visite nuestro sitio web en www.jsyfruitveggies.org y encuentre más recetas estupendas!



Just Say Yes to Fruits and Vegetables

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