Plums

Key Points

- A rich source of vitamin C and vitamin K. Contain carotenoids and flavonoids that may be good for health.
- Choose plump plums with smooth skins. Avoid bruises and soft spots.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Ripen on the counter first, then store in the refrigerator up to seven days.

Roasted Fruit

Number of servings: 6

Ingredients:

2 peaches

2 nectarines

2 plums

2 sprigs fresh rosemary

2-3 tablespoons sugar, depending on sweetness of fruit

1 tablespoon canola oil

1 tablespoon fresh lime juice

vanilla ice cream

Directions:

1. Heat oven to 400°F. Prick skins of peaches, nectarines, and plums with a fork, cut in half and remove pits.
2. Chop into bite-size pieces and add to bowl. Toss in rosemary sprigs. Sprinkle sugar on top and drizzle oil and lime juice over all.
3. Layer in a 9-by-13-inch roasting pan and roast fruit at 400°F until fork-tender, 15-20 minutes. Discard rosemary.
4. Serve fruit warm with a dollop of ice cream.

Per serving: 100 calories; 4 g fat (1 g saturated fat); 1 g protein; 16 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 45 mg sodium.

Quick Tips

- Freeze pitted plums and toss them into a blender along with other frozen fruits. Add 100 percent fruit juice and blend away for a tangy frozen treat.
- Plums are a perfect size for young children to eat and a great way to add purple to a colorful meal.
- Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- Combine plums, strawberries, blueberries, raspberries, oranges, honey, and mint to make an appetizing fruit salad for a snack or dessert.

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