

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Dried Fruit

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What is a great way to eat fruit even when it is out of season?

DRIED FRUIT!

- ◆ Dried fruit is available year round. It can be purchased pre-packaged or at self serve stations.
- ◆ Shelf life depends on the item, but if stored in air tight containers dried fruit can keep for a minimum of one month.
- ◆ Do not purchase any dried fruit with mold or an abnormal smell.
- ◆ Try to limit the consumption of dried fruit that has a lot of added sugar or salt.

Source: www.fruitsandveggiesmatter.gov

- **Dried fruit is a great way to get some of the nutrients that fruit provides even when fresh fruit is not available or not in season.**
- **Some vegetables are also available dried and can be a great snack on the go.**

Commonly dried produce includes:

- ◆ Fruit: grapes, apples, berries, plums, banana, apricots and pineapple
- ◆ Vegetables: Peas, corn, peppers, tomatoes, onions, potatoes and green beans

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Dried Fruit Salad

INGREDIENTS

- ◆ 8 prunes pitted
- ◆ 1/4 cup dried apricots
- ◆ 1 cup apple juice
- ◆ 1 cinnamon stick
- ◆ 1/2 teaspoon whole cloves
- ◆ 1 banana, peeled and sliced
- ◆ 1 large orange, peeled, sectioned, and cut into bite-size
- ◆ 1 apple, cored and chopped
- ◆ 1/2 cup orange juice
- ◆ 3 tablespoons orange marmalade
- ◆ 1/4 cup chopped pecans

DIRECTIONS

1. Combine prunes, apricots, apple juice, cinnamon stick, and cloves in saucepan. Bring to a boil, remove from heat and let soak overnight in refrigerator.
2. Remove the dried fruit and divide the prunes, apricots, banana, orange and apple among 4 dishes. Strain apple juice and add orange juice and orange marmalade. Mix together and pour over fruit. Top with chopped pecans.

Dried Fruit Bars

INGREDIENTS

- ◆ 1 cup water
- ◆ 1/2 cup chopped dates
- ◆ 1/2 cup chopped prunes
- ◆ 1/2 cup raisins
- ◆ 1/2 cup margarine
- ◆ 1/2 cup egg substitute
- ◆ 1 teaspoon vanilla extract
- ◆ 1 cup all-purpose flour
- ◆ 1 teaspoon baking soda
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 1/4 teaspoon ground nutmeg
- ◆ 1/4 teaspoon salt

DIRECTIONS

1. In a small saucepan, combine water, dates, prunes and raisins. Cook over medium heat until fruit is softened, about 10 minutes. Remove from the heat; add margarine and stir until melted. Cool. Stir in egg substitute and vanilla; mix well.
2. Combine dry ingredients in a large bowl; stir in fruit mixture. Spread into an 11-in. x 7-in. x 2-in. baking pan that has been coated with nonstick cooking spray. Bake at 350 degrees F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Source for recipes: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!