



# FARMERS FEEDING UTAH

## Fruit

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Fruits - Focus on whole fruits:

Eat seasonally! Checking what fruits are in season in your area can help save money.

Craving something sweet? Try dried fruits like cranberries, mango, apricots, cherries, or raisins. To meet your fruit goal—keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.

### BEST COOKING PROCEDURES

Before eating or preparing fresh fruits and vegetables, wash the produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

When preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that causes illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

### CLASSIC USES

Chocolate Chip Cherry Bars  
Brownie Cherry Bars  
Banana Berry Muffins  
Blueberry Muffin  
Peach Bran Muffins  
Healthier Banana Bread  
Apple Cranberry Salad  
Fresh Fruit Cinnamon Yogurt Dip  
Peachy Yogurt Parfait  
Strawberry Banana Parfait  
Peanut Butter Banana Smoothie  
Whole Wheat Apple Pancakes



# Recipes

**Prep Time** 25 minutes  
**Cook Time** 0 minutes  
**Total Time** 25 minutes  
**Servings** 6

## Apple Cranberry Salad

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- 1 head of romaine lettuce, chopped to bite size pieces (5-6 cups)
- 2 medium apples, chopped
- ½ cup walnuts, chopped
- 1 cup dried cranberries
- ½ cup green onions, sliced

#### Lemon water

- 4 cups water
- 2 tablespoons lemon juice

#### Vinaigrette dressing

- 1 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup apple juice, unsweetened
- 1 tablespoon sugar or honey
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

### DIRECTIONS

- Wash fresh produce and chop to size.
- To prevent apples from browning, place chopped apples in lemon juice and water. Let them sit in lemon water for 10 minutes. Drain lemon water off apples.
- Make vinaigrette dressing while waiting for apples.
- Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
- Add dressing and toss to coat.
- Serve immediately.

# Recipes

**Prep Time** 15 minutes  
**Cook Time** 0 minutes  
**Total Time** 15 minutes  
**Servings** 6

## Fresh Fruit with Cinnamon Yogurt Dip

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- 1 apple
- 1 banana
- 1 orange
- 1 cup strawberries
- 1 cup grapes
- ¼ cup pineapple juice
- 1 cup vanilla yogurt (low-fat)
- ½ teaspoon cinnamon

### DIRECTIONS

- Core and slice the apple.
- Slice banana into ½ inch circles.
- Pour pineapple juice into small bowl.
- Dip the apple slices and banana slices into the pineapple juice to prevent from browning. Keep them in juice 5 minutes, then move to serving plate. Discard the pineapple juice.
- Peel the orange and break it into sections.
- Wash and trim tops off the strawberries.
- Wash grapes and dry with paper towel. Remove from grape stems.
- Arrange fruit on a plate.
- Mix the yogurt and cinnamon in a small bowl.
- Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

\*\*An optional idea is instead of making a fruit plate is to make this as a fruit salad and mix in the cinnamon yogurt.