



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 10 minutes
Cook Time 30 minutes
Total Time 40 minutes
Servings 9

Chocolate Chip Cherry Bars

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- ½ cup unsalted butter, melted (1 stick)
- 1 cup light brown sugar, packed
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- ¼ teaspoon salt, optional
- ¾ to 1 cup semi-sweet chocolate chips
- 1 cup cherries (fresh or frozen)

DIRECTIONS

Preheat oven to 350 Degrees F. Line an 8-by-8-inch pan with aluminum foil, spray with cooking spray; set aside. Melt the butter, about 60 seconds. To the melted butter, add the brown sugar and stir to combine. Add the egg, vanilla, and stir to combine. Add the flour, salt, and stir until just combined, taking care not to over mix or the bars will be tough. Fold in chocolate chips, fruit (I don't halve the cherries: I like them chunky and big), and pour batter into prepared pan, smoothing it lightly with a spatula or offset knife if necessary. Bake for 27 to 32 minutes, or until edges begin to slightly pull away from sides of pan and center is set. Allow bars to cool for at least 1 hour before slicing and serving. Bars can be stored in an airtight container at room temperature or in the refrigerator for up to 1 week or frozen for up to 3 months. Can also use a combination of plums, peaches, nectarines, raspberries, blueberries, strawberries, and blackberries. Baking time will vary based on types of fruit used and the moisture content of the fruit; and how gooey you like your bars. A toothpick inserted into the middle may not come out clean due to the chocolate chips or juicy fruit.

Recipes

Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 12

Brownie Cherry Bars

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- Butter and flour (for greasing pan)
- 1 box brownie mix, plus ingredients called for on box
- 8 oz. low fat cream cheese, softened
- 1 tsp. vanilla extract
- 1 large egg
- ½ c. sugar
- ⅔ c. cherries, pitted and quartered
- ½ c. chocolate chips

DIRECTIONS

Preheat oven to 350°. Grease an 8"-x-8" baking dish with butter and sprinkle with flour. Prepare brownie batter according to package instructions. In a medium bowl, beat cream cheese, vanilla, egg, and sugar with an electric mixer until light and fluffy. Stir in the cherries and chocolate chips. Pour brownie batter into the prepared baking dish. Dollop the cream cheese-cherry mixture over the brownie layer, then run a knife through mixture and batter to create a swirled effect. Bake until a toothpick inserted into the middle of the brownie comes out mostly clean, about 45 minutes. (A few moist crumbs are okay!) Let cool in pan completely, then slice into small squares and serve.