



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 15 minutes
Cook Time 0 minutes
Total Time 15 minutes
Servings 2

Turkey & Cherry Wraps

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 cup dried cherries
- ¼ cup reduced fat garden vegetable cream cheese
- 2, 10-inch flour tortillas (whole-wheat preferred)
- Handful of fresh spinach leaves
- 4 ounces sliced turkey
- 3 ounces very thinly sliced Monterey Jack or Swiss Cheese (reduced-fat)

DIRECTIONS

Boil 2 cups of water. Place cherries in a small bowl. Pour boiling water over cherries. Let stand for 5 minutes. Drain well and let cool slightly. Spread 2 tablespoons cream cheese evenly across each tortilla. Sprinkle each tortilla with cherries. Next, layer spinach over the cherries then layer turkey breast and Monterey Jack cheese on top. Roll up the tortillas and serve! For extra flavor, allow the wraps to sit in the fridge for an hour or so.

Recipes

Prep Time 10 minutes
Cook Time 0 minutes
Total Time 10 minutes

Fluffy Fruit Dip

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 8 oz of fat free shipped topping, frozen, softened slightly
- 12 oz low-fat strawberry flavored yogurt (or other flavor of choice)

DIRECTIONS

Place whipped topping and yogurt in mixing bowl. Cut frozen topping into smaller chunks. Beat together with electric mixer or spoon until smooth consistency. Serve with chunks of cantaloupe or other fruit.