



Plums

Roasted Plums with Yogurt

4 plums, pitted and cut in half
1 tbs honey
2 tsp brown sugar
½ tsp cinnamon

2 cups low-fat or non-fat yogurt,
plain or vanilla,
½ cup almonds, slivered

Preheat the oven to 400°. Place foil on a baking sheet. Spray cooking spray on the foil and set aside. In a large bowl combine the plums, honey, brown sugar, and cinnamon. Stir. Place the plums on the baking sheet. Roast plums for 10 minutes and then stir them. Cook for another 5 minutes or until plums are juice. Put ½ cup yogurt in 4 small bowls. Place the plums on top of the yogurt. Drizzle with additional honey and top off with almonds.

Yield: 4

Did you know?

Plums and prunes are full of fiber which helps improve digestive functioning.

They also contain vitamin A, another powerful nutrient that helps us have healthy skin and proper vision.

Did we mention they are also a great source of vitamin C, vitamin A, fiber, and potassium?

Plum Salad

2 plums—halved, pitted, thinly sliced
1 large bag of spinach (or other dark
green leafy lettuce)
1 tbs extra-virgin olive oil
2 tbs fresh lemon juice
3 tbs fresh orange juice

1 tbs balsamic vinegar
1 tsp grated orange zest
1 tsp grated lime zest (optional)
salt, to taste
pepper, to taste

In a small bowl, whisk the olive oil, lemon juice, orange juice, balsamic vinegar, orange zest, and lime zest. Season with salt and black pepper; to taste. In a large bowl, toss the spinach and plums. Add the dressing and toss well.

Yield: 6 servings

Eggplant with Beans and Plums

1½ cups coarsely chopped fresh plums
6 cups cubed eggplant (1-2 eggplant depending on size)
2 tbs vegetable oil
1 cup chopped onions
1 cup chopped tomatoes
1 tbs soy sauce

1 ½ cups cooked butter beans, canned, drained
1 tsp balsamic vinegar
3 tsp chopped fresh cilantro (used 1 tsp dried cilantro if you don't have fresh)
salt, to taste

In a 4-quart saucepan, heat the oil over medium-high heat. Add the eggplant and onions; cook. Stir for 4 minutes or until softened. Add the plums, tomatoes, and soy sauce. Bring to a boil. Cook uncovered over medium heat for 15 minutes.

Add the butter beans and vinegar; simmer 10 minutes longer. Add the cilantro and salt and simmer 3 minutes longer.

Yields: 6-8

Ripe plums should stay fresh in your fridge for 3-4 days.

Spiced up Plums

4 plums, halved and pitted
½ cup orange juice
1 tbs brown sugar
1 tsp ground cinnamon
¼ tsp freshly grated nutmeg

⅛ tsp ground cumin
⅛ tsp ground cardamom
3 tbs slivered almonds, toasted (optional)
cooking spray

Preheat oven to 450°. Spray baking sheet with cooking spray. Cut plums in half and remove the pit. Place plum halves, cut sides up, on a baking sheet. Combine orange juice, sugar, cinnamon, nutmeg, cumin, and cardamom, and stir well. Drizzle mixture over plums. Bake at 450° for 15 minutes. Top with toasted almonds.

Yield: 4 servings

Did you know?

Utah has the climate to support the growth of plums. Try growing a tree in your yard or try to get your plums locally when they are in season.

Plum Smoothie

2 plums, pitted and seeded
1 mango, peeled and pitted
1 medium carrot, chopped
1 cup spinach (or any other green leafy vegetable)
½ orange juice (or other juice you have in your fridge)



Add all ingredients to the blender and blend until smooth. Serve immediately.

Yield: 4 servings

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.