



## Plums Wash. Eat. How easy is that?



On the Go – with Plums! Quick nibbles: • Top a slice of toast or roll a tortilla with peanut butter and plum chunks. • Top low-fat vanilla pudding with plum pieces. • Put plum and peach slices in a pita bread pocket filled with leaf lettuce. Dip in low-fat honey mustard dressing, if desired. • Mix chunks of plums, strawberries, peaches and oranges with light sour cream. • Top a whole grain low-fat cracker with a bite of lean meat or low-fat cheese and a wedge of fresh plum. • Cover two plums in a saucepan with just enough apple juice or water to keep them from burning. Cook gently until soft, about 10 minutes. If desired, add cinnamon and orange peel zest. Serve warm or chilled.

*Did you know?* The softer the plum, the sweeter it is. Plum skin can be purple, red, indigo blue, yellow or green. Plums have a single pit inside. Pureed plums may be used as a fat substitute in baked products. Plums are a juicy low-calorie snack packed with vitamins A and C, and dietary fiber.

Buying and storing tips: Plums are round, with a depression at the top where the stem was attached to the tree. Plums are usually smaller than apples. Choose plump and slightly soft plums that have shiny and smooth skin, without bruises. Look for those that have a natural powder-like haze covering the fruit, since these plums are likely to have received the least handling. Hard plums left at room temperature will soften. Refrigerate soft plums in a plastic bag. Use within three to four days.

## Pick a better snack - Plums: Wash. Eat. (How easy is that?)

For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



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