



## Fruit and Nut Mix, Dried

MyPlate Food Group: **Fruit** and **Protein**

USDA  
**Foods**

### Nutrition Information

- ½ cup fruit and nut mix counts as ½ cup fruit in the ChooseMyPlate.gov fruit group and 1 ounce in the protein group.
- Dietary fiber from dried fruit helps reduce cholesterol in your blood.
- Dried fruit is naturally low in fat, sodium, and calories. Dried fruit does not have cholesterol.
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.
- For specific information about fruit and nut mix, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Add fruit and nut mix to hot cereal or sprinkle over yogurt for a healthy breakfast.
- Add a handful of fruit and nut mix to a salad for extra flavor and crunch.
- Use the fruit and nut mix in a recipe or enjoy it as-is for a quick and easy snack.
- Fruit and nut mix is ready-to-eat and does not need to be stored in the refrigerator. It is a convenient snack when you're on the go.

### Storing Foods at Home

- Store unopened fruit and nut mix in a clean, dry, cool place.
- After the fruit and nut mix is open, tightly close and seal the bag and store in a clean, dry, cool place.

### MyPlate Facts

- Fiber from fruit and nuts helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- Nuts contain healthy fats that are good for your heart.
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- Nuts contain fiber, magnesium, and iron but can be high in calories. Eat small portions (¼ cup) as a delicious addition for a healthy diet.



## USDA Foods

### Sunshine Morning Granola

*Makes 6 servings*

#### Ingredients:

- 2 cups rolled oats
- ⅓ cup honey
- 2 tablespoons vegetable oil
- 2 teaspoons grated orange peel (optional)
- 1 teaspoon vanilla
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 cup fruit and nut mix, coarsely chopped

#### Directions:

1. Heat oven to 350°F.
2. Combine all ingredients, except fruit and nut mix, in large bowl. Mix well. Spread evenly in 15 x 10 inch pan.
3. Bake 20—25 minutes or until golden brown, stirring once after 10 minutes. Cool completely in pan.
4. Stir in fruit and nut mix. Store tightly covered up to 5 days.

*Recipe adapted from Quaker Oats*

### Chopped Chicken Salad

*Makes 6 servings*

#### Ingredients:

- 2 cups cooked chicken, cubed and chilled
- ¾ cup apple, chopped
- ¾ cup celery, chopped
- 1 cup fruit and nut mix, chopped
- ¼ cup mayonnaise
- ½ cup plain, non-fat yogurt
- 2 teaspoons honey
- 1 teaspoon lemon juice
- Salt and pepper to taste

#### Directions:

1. In a medium-sized bowl, combine chicken, apple, celery, and dried fruit and nut mix.
2. In a separate, smaller bowl, combine mayonnaise, yogurt, honey, lemon juice, salt and pepper to taste.
3. Pour yogurt sauce over chicken mixture and stir until evenly coated.
4. Refrigerate for at least one hour before serving.

*Recipe adapted from Oregon State University Healthy Youth Program*