



**Plums, Fresh**  
MyPlate Food Group: **Fruit**



**Nutrition Information**

- 1 cup of sliced or chopped plums or 2 medium plums count as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Plums are naturally low in fat, sodium, and calories. Plums do not have cholesterol.
- Plums contain iron. Iron is used to carry oxygen in the blood and is important for good health.

**Uses and Tips**

- Plums make a great snack any time of the day.
- Whole plums contain a seed or pit. This is sometimes called a “stone.” Remove this before serving or eating.
- Fresh plums do not need to be cooked or heated. Before eating a fresh plum, gently rub plum while holding under plain running water to remove any visible debris and enjoy.
- A plum is ripe and ready to eat when its flesh begins to soften when gentle pressure is applied. If not soft under gentle pressure, allow it to ripen at room temperature, checking for ripeness daily.
- Try adding thin slices of plum to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles.

**Storing Foods at Home**

- Do not wash plums until ready to eat.
- Store unripened plums at room temperature in a paper bag. Once it is ripe, store it in the refrigerator.

**MyPlate Facts**

- Fiber from fruit helps to keep your heart healthy and 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.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



## USDA Foods

### Roasted Stone Fruit

*Makes 2 servings*

#### Ingredients:

2 plums, cut in half, remove pit  
2 peaches, cut in half, remove pit  
2 nectarines, cut in half, remove pit  
½ cup balsamic vinegar  
salt and pepper, to taste

#### Directions:

1. Preheat oven to 350 degrees F.
2. Place the fruit in a small baking dish. Drizzle with balsamic vinegar and season with a little salt and pepper.
3. Transfer to the oven and roast for 15-20 minutes until fruit begins to brown and vinegar begins to bubble.
4. Remove from the oven and divide between 4 dessert bowls, drizzle with the balsamic vinegar that is left in the baking dish.

*Recipe adapted from EatFresh.org*

### Purple Power Salad

*Makes 4 servings*

#### Ingredients:

##### **Dressing:**\*

½ cup (or 6 tablespoons) vegetable oil  
3 tablespoons vinegar (red or white wine vinegar, balsamic, or apple cider vinegar)  
1-2 teaspoons honey or maple syrup  
2 teaspoons mustard  
salt and pepper, to taste  
Feta cheese, or other cheese (optional)  
Nuts (optional)

##### **Salad:**

4 cups purple or red leaf lettuce  
1 cup plums, sliced  
1 small red onion, thinly sliced (optional)

#### Directions:

1. Combine all of the dressing ingredients in a small jar or container with a tight-fitting lid, cover and shake well or whisk in a small bowl.
2. Place the lettuce in a colander, rinse, drain, and pat dry.
3. In a large mixing bowl, combine the lettuce, plums, and onion (optional). Toss them gently.
4. Optional: Top with feta cheese or other flavorful, crumbled or shredded cheese, and/or nuts.

\*Note: You can substitute pre-made low-fat dressing if preferred

*Recipe adapted from Maryland WIC*