



## Plums, Canned

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of canned plums count as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Canned plums are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned plums contain iron. Iron helps carry oxygen from your lungs to the rest of your body and is important for maintaining healthy blood cells.
- For specific information about canned plums, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Canned plums are a great way to add fruit in your diet when fresh fruits are not available.
- Canned plums do not need to be cooked or heated, they can be eaten right away.
- Canned plums can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Try adding thin slices of plums to replace jam on a peanut butter sandwich.
- Whole plums contain a seed or pit. This is sometimes called a “stone.” Remove this before serving or eating.

### Storing Foods at Home

- Store unopened canned plums in a cool, clean, and dry place.
- After opening, take any unused plums out of the can and store it in a tightly covered container in the refrigerator

## MyPlate Facts

- Fiber from whole fruit 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 also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with a low calorie food like fruit. Making this swap often helps to maintain a healthy weight.



# USDA Foods

## Plum and Oat Cake

Makes 9 servings

### Ingredients:

- 2 cans of plums, halved, pitted and drained, reserve liquid
- 1/3 cup oil
- 1/4 cup vanilla yogurt
- 1/4 cup sugar
- 2 eggs
- 1 cup flour
- 1/2 cup rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3/4 cup almonds, chopped

**Directions:** Wash hands with soap and water.

1. Preheat oven to 375 degrees F. Grease an 8" x 8" baking pan.
2. Mix together dry ingredients except almonds.
3. In a separate bowl, mix oil, eggs, and yogurt.
4. Add dry ingredients to egg mixture and mix thoroughly. Pour into baking pan and pour some of the reserved liquid on top.
5. Place plums on top of batter, and sprinkle with chopped almonds.
6. Baking for 30 - 40 minutes (ovens vary) or until lightly browned.
7. Cool and enjoy.

Recipe adapted from OregonFruit.com

## Plum-Glazed Chicken

Makes 4 servings

### Ingredients:

- 1 can plums
- 2 tablespoons margarine
- 1 onion, finely chopped
- 1/3 cup brown sugar
- 1/4 cup prepared tomato-based chili sauce
- 2 tablespoons soy sauce
- 1 teaspoon ginger
- 2 teaspoons lemon juice
- 2 pounds skinless, boneless chicken

**Directions:** Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Drain and pit the plums and reserve the liquid.
2. In a blender or food processor, blend the plums and syrup until pureed. Melt margarine in a skillet over medium heat.
3. Add onion and cook until soft.
4. Stir in the plum puree, brown sugar, chili sauce, and soy sauce, ginger and lemon juice. Cook, uncovered stirring often until slightly thickened. About 15 minutes.
5. Sprinkle the chicken with salt and pepper. Arrange in a lightly greased baking pan.
6. Bake, uncovered for 30 minutes, basting every 15 minutes. Turn chicken over and repeat. Heat and use remaining sauce.

Recipe adapted from OregonFruit.org