



Plums, Pitted, Dried

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- ½ cup of dried plums counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Dietary fiber from dried plums helps reduce cholesterol in your blood.
- Dried plums are naturally low in fat, sodium, and calories. Dried plums do not have cholesterol.
- For specific information about dried plums, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Chop dried plums and add them to hot cereals such as oatmeal to add flavor and texture.
- Dried plums can be used as a natural sweetener in baked items such as breads and muffins.
- Dried plums are ready-to-eat and do not need to be stored in the refrigerator. They are a convenient snack when you’re on the go.

Storing Foods at Home

- Store unopened dried plums in a clean, dry, cool place.
- After the dried plums are open, tightly close and seal the bag and store in a clean, dry, cool place.

MyPlate Facts

- Fiber from 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 help prevent some cancers.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Dried plums contain iron. Iron helps carry oxygen from your lungs to the rest of your body and is important for maintaining healthy blood cells.
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.
- Dried plums are also know as prunes.



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Oatmeal Prune Bars

Makes 5 servings

Ingredients:

- 1½ cups minced dried prunes
- 1 tablespoon lemon juice
- ½ cup applesauce
- 1 cup oats
- ⅔ cup flour
- ½ cup packed brown sugar
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon cinnamon (optional)
- 3 tablespoons vegetable oil

Directions:

1. In medium pot, add prunes, lemon juice, ¼ cup of applesauce and ½ cup of water. Cook on medium heat for 5 minutes or until thick. Stir often and set aside.
2. In a medium bowl, add oats, flour, brown sugar, baking soda, salt, and cinnamon. Mix well. Stir in the oil and the rest of the applesauce until mixture is crumbly.
3. Put ¾ of the crumb mixture in a baking dish. Push down to make a firm layer and put the remaining crumb mixture aside.
4. Pour prune mixture on top of the crumb mixture in the baking dish.
5. Sprinkle the rest of the crumb mixture on top of the prunes.
6. Bake at 350° F for 45 minutes or until golden brown. Serve hot as a cobbler or let cool and cut into equal pieces to serve as bars.

Recipe adapted from Just Say Yes to Fruits and Vegetables

Sweet Potato and Prune Casserole

Makes 8 servings

Ingredients:

- 4 sweet potatoes
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 tablespoon apple juice
- ¼ cup vegetable oil
- 2 cups pitted, dried, plums

Directions:

1. Use a fork to poke holes in each sweet potato and place on a baking sheet. Bake in a preheated oven at 425° F for 1 hour or until tender. Let the sweet potatoes cool. Peel and cut into cubes.
2. In a small bowl, mix honey, cinnamon, lemon juice, apple juice, and oil.
3. Cut prunes in half. In baking dish, add one layer of sweet potato cubes. Spoon some honey mixture over the sweet potatoes and add a thin layer of prunes. Repeat this until all ingredients have been used.
4. Bake at 350° F for 45 minutes and serve immediately.

Recipe adapted from Easy Recipes using Common Commodity Foods