Figs

Key Points

- For the best buy, choose dried figs that are moist and soft.
- To prepare dried figs, remove the hard stem end.
- Dried figs will keep in a closely covered container for 1-2 months.
- Figs contain fiber, which helps to keep you regular.

Apple and Fig Salad

Makes 8-10 servings.
Serving size: ¾ cup

Ingredients:
3 apples, cored and thinly sliced
1 cup (about 20) dried figs, stems removed and chopped
1 head of romaine lettuce, chopped
2 tablespoons vinegar
2 tablespoons vegetable oil
1 teaspoon mustard
1 tablespoon lemon juice
Salt and pepper to taste

Directions:
1. In a large bowl, toss together the apples, figs, and lettuce.
2. In a small bowl, stir together the oil, vinegar, mustard, and lemon juice.
3. Pour mixture over lettuce and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

Quick Tips

- Dip dried figs in yogurt or melted chocolate!
- Stir chopped figs into cooked hot cereal!
- Add 1 cup of chopped figs to pancake and muffin recipes!
- Remember to rinse all fruits and vegetables before using.

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