

# 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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