

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.



Figgy Cookies

Ingredients:

- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/3 cup vegetable oil
- 1/2 cup brown sugar, packed
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup old fashioned rolled oats
- 1/2 cup chopped dried figs

Directions:

1. Preheat oven to 350° F. Grease 2 baking sheets and set aside.
2. In a medium bowl, mix flour, baking powder, cinnamon, and salt. Set aside.
3. In a large bowl, combine oil, sugar, egg, and vanilla.
4. Add the dry ingredients to the wet ingredients. Stir in rolled oats and figs.
5. Spoon mixture onto cookie sheets.
6. Bake for 12-14 minutes until lightly brown. Allow cookies to cool for 5 minutes. Enjoy!
7. Store for up to 5 days in an air tight container.

**Makes 30 cookies
(15 servings).**

Apple and Fig Salad

Ingredients:

- 3 apples, cored and sliced
- 1 cup (about 20) dried figs, stems removed and chopped
- 1 head of lettuce, chopped
- 2 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon mustard
- 1 teaspoon honey
- 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 honey.
3. Pour mixture over lettuce and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 8 servings.



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.

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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The Nutrition Facts Label—What does it tell us?

Recipe name: Figgy Cookies

Nutrition Facts	
Serving Size: 1/15 recipe	
Servings Per Container about 15	
Amount/Serving	
Calories 126	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 143mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Added Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 7%	Iron 6%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Fig and Apple Salad

Amount/Serving		% Daily Value*	
Calories	120	Calories from Fat	30
<hr/>			
Total Fat	4g		6%
Saturated Fat	0g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	23g		8%
Dietary Fiber	4g		15%
Sugars	17g		
Protein	1g		
<hr/>			
Vitamin A	50%	Vitamin C	15%
Calcium	6%	Iron	4%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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