

Prunes

Key Points

- For the best buy, choose prunes that are plump, firm and deep purple.
- To prepare prunes, eat plain or remove the pits and cook in water.
- To keep fresh, store them in a cool, dry place or the refrigerator.
- Prunes contains fiber, which helps keep you regular.

Sweet Potato and Prune Casserole

Ingredients:

- 4 sweet potatoes
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 tablespoon apple juice
- 1/4 cup soft tub margarine, melted
- 1 can (16 ounces) prunes, drained

Directions:

1. Preheat oven to 425° F.
2. Pierce sweet potatoes with a fork and place on baking sheet. Bake at for 1 hour or until tender.
3. Let the sweet potatoes cool. Peel them and cut into cubes.
4. In a small bowl, mix honey, cinnamon, lemon juice, apple juice, and melted margarine.
5. Cut prunes in half and remove pits.
6. In baking dish, add a thin layer of sweet potato cubes. Spoon some honey mixture over them and add a thin layer of prunes. Repeat this until everything is used.
7. Bake at 350° F for 45 minutes.
8. Serve and enjoy!
9. Refrigerate leftovers.

Makes 8 servings.

Oatmeal Prune Bars

Ingredients:

- 1 1/2 cups dried prunes, minced
- 1 tablespoon lemon juice
- 1/2 cup applesauce
- 1 cup oats
- 2/3 cup flour
- 1/2 cup packed brown sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon (optional)
- 3 tablespoons soft tub margarine

Directions:

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

Makes 5 servings.



Quick Tips

- Chop prunes and sprinkle on hot or cold cereal.
- Use stewed prunes as a fat substitute when baking.
- Eat prunes right from the box for a quick snack.
- 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

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Sweet Potato and Prune Casserole

Nutrition Facts

Serving Size: 1/8 Recipe
Servings Per Container about 8

Amount/Serving

Calories 256 Calories from Fat 54

% Daily Value*

Total Fat	6g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	52g	17%
Dietary Fiber	6g	24%
Added Sugars	9g	
Protein	3g	

Vitamin A 12% Vitamin C 25%
Calcium 0% Iron 0%

*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: Oatmeal Prune Bars

Nutrition Facts

Serving Size: 1/5 of recipe (157g)

Servings Per Recipe: 5

Amount/Serving

Calories 460 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 250mg 10%

Total Carbohydrate 91g 30%

Dietary Fiber 7g 29%

Sugars 44g

Protein 8g

Vitamin A 8% Vitamin C 20%

Calcium 6% Iron 15%

*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**