

DRIED FRUIT



TRY THIS

- Add dried fruit to baked goods, casseroles, grain dishes, granola, oatmeal, stews, stuffing, and yogurt.
- To soften and plump dried fruit, place in a heatproof bowl with boiling water and let rest 15 minutes.
- Make homemade trail mix using equal parts dried fruit, mixed nuts, sunflower or squash seeds, and pretzels.

BUYING AND STORING

- Select packaged or bulk dried fruit that is plump and firm. Check the sell by or expiration date to ensure quality and freshness.
- Store dried fruit in an airtight container in a cool place, away from direct light.
- Packaged dried fruit will last six months to one year unopened, about a month after opening, or up to six months if refrigerated after opening.

DRIED FRUIT AND NUT PILAF

Time: 20 minutes | Makes: 6 servings | Serving Size: ½–¾ cup

Nutrition Information Per Serving: Calories 209, Carbohydrate 36g, Dietary Fiber 2g, Protein 4g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 108mg

INGREDIENTS

1 tablespoon vegetable oil
½ cup onion, chopped
2 cups cooked brown rice, chilled
¼ teaspoon turmeric
½ teaspoon cinnamon
¼ cup 100% orange juice
1 tablespoon vinegar

¾ cup dried fruit, chopped
(raisins, cranberries, cherries,
blueberries, or apricots)
⅓ cup peanuts, almonds,
or cashews, finely chopped
¼ cup fresh parsley, torn (optional)
¼ teaspoon kosher salt
¼ teaspoon pepper

INSTRUCTIONS

1. Heat oil in a large pan over medium heat. Add onions and sauté until translucent, about 3 minutes.
2. Add rice, turmeric, cinnamon, orange juice, and vinegar. Mix to combine. Reduce heat to low, cover and let simmer for 8–10 minutes, stirring occasionally.
3. Add dried fruit, nuts, parsley, if using, and salt and pepper to taste. Serve immediately.

CHANGE IT UP

- Add shredded carrots, chopped celery, asparagus tips, or sliced mushrooms to Step 1.
- Replace orange juice, turmeric, and cinnamon with lemon juice, paprika, and fresh dill.
- Serve over a bed of baby spinach.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.