

# PLUMS



## TRY THIS

- Try grilled plums. Place halved and pitted plums cut-side down on a hot grill for a few minutes and serve.
- Freeze diced plums and add to pancake and waffle batter, parfaits, and smoothies.
- Add chopped plums to cereal, granola, oatmeal, soba noodles, rice, or any whole grain bowl imaginable.

## BUYING AND STORING

- Select firm, plump plums with smooth skin and a solid color that give slightly to pressure.
- Store at room temperature until ripe. Store ripe whole plums in the refrigerator for up to five days. To freeze: halve, pit, and quarter ripe plums. Freeze on a lined sheet pan overnight, transfer to freezer bags or containers, and freeze up to six months.
- Wash all fresh fruits and vegetables before using.

# PLUM SALSA FRESCA

Time: 15 minutes | Makes: 8 servings | Serving Size: ¼ cup

Nutrition Information Per Serving: Calories 21, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg

## INGREDIENTS

3 medium plums, pitted and diced

1 cucumber, seeded and diced

¼ cup sweet or red onion, diced

1 jalapeño, seeded and diced

1 clove garlic, minced or ½ teaspoon minced jarred garlic


2 tablespoons lemon juice, about 1 medium lemon

1 tablespoon fresh basil or cilantro, torn

Kosher salt to taste

## INSTRUCTIONS

1. Add everything except salt to a bowl and mix gently to combine.
2. If time permits, chill for 1 hour to meld flavors.
3. Add salt to taste and serve.



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

## CHANGE IT UP

- Add shredded chicken or white beans and serve over mixed greens.
- Add one 14.5-ounce can reduced or low sodium, or no salt added diced tomatoes, blend half, add back to mixture, chill, and serve as gazpacho soup.
- Make Caprese salad. Slice plums and cucumbers, serve with fresh mozzarella, and drizzle with balsamic glaze.

