

EAT WELL, AGE WELL. NUTRIENT DENSE DRIED PLUMS

BAKING WITH DRIED PLUMS

HAVE YOU EVER HEARD OF USING BABY FOOD PRUNES TO REPLACE BUTTER, FAT OR OIL IN BAKED GOOD RECIPES? WELL, IT'S TRUE, DRIED PLUMS (AKA PRUNES) DO MAKE A GREAT FAT SUBSTITUTE BUT YOU CAN MAKE YOUR OWN PRUNE PURÉE VERY EASILY.

COMBINE 1-1/3 CUP (8 OUNCES) PITTED PRUNES/DRIED PLUMS AND 6 TABLESPOONS HOT WATER IN A FOOD PROCESSOR. PULSE ON AND OFF UNTIL PRUNES ARE FINELY CHOPPED AND NEARLY SMOOTH. PRUNE PURÉE CAN BE STORED IN AIRTIGHT CONTAINER IN THE REFRIGERATOR FOR UP TO TWO MONTHS.



Pixabay.com (janosvirag photographer)

Moist Brownies w/ Dried Plums

Ingredients:

- 8 ounces semisweet chocolate
- ¼ cup vegetable oil
- ½ cup sugar
- ¼ cup Dried Plum purée
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/3 cup flour of your choice
- Pinch salt
- ½ cup coarsely chopped walnuts (optional)

Directions

1. Heat oven to 325°F. Spray an 8- X 8-inch baking pan with cooking spray and line with parchment paper, leaving the paper overhanging on 2 sides; spray paper with cooking spray.
2. In double boiler, melt chocolate with oil over simmering water. You can also melt in a microwave safe dish for 1-2 minutes stirring half way through.
3. Whisk in sugar and dried plum purée until mixed; whisk in eggs and vanilla.
4. Fold in flour and salt just until blended; fold in walnuts if desired.
5. Scrape into prepared pan, spread evenly. Bake about 30 minutes or until done. Cool in pan at least 10 minutes.

Adapted from Source:

<https://www.californiadriedplums.org/recipes/moist-and-fudgy-brownies-with-california-dried-plums>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Pam VanKampen, RDN, CD

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DRIED PLUMS AND BONE HEALTH

POST-MENOPAUSAL WOMEN TYPICALLY LOSE 1-1.5 PERCENT BONE DENSITY PER YEAR. THIS CAN RESULT IN A FALL OR OSTEOPOROSIS. EATING DRIED PLUMS IS A WAY TO HELP SUPPORT HEALTHY BONES.

DRIED PLUMS CONTAIN BONE ENHANCING NUTRIENTS INCLUDING MAGNESIUM, BORON, POTASSIUM, COPPER AND VITAMIN K.

DRIED PLUMS AREN'T JUST FOR GOOD DIGESTION. THEY ARE A GREAT AND CONVENIENT SNACK AND CAN BE FUN TO INCORPORATE INTO MANY DISHES. BE CREATIVE, BE STRONG!



Citrus Rice Pilaf

Photo courtesy of Pixabay.com

Ingredients:

- 1 package (6 ounces) rice pilaf mix
- 1 tablespoon vegetable oil
- ½ cup orange juice
- 1 cup halved pitted dried plums
- 1/2 cup sliced green onions
- 1/2 cup sliced radishes or veggies of your choice
- 1 tablespoon vinegar of your choice
- ½ to 1 teaspoon finely grated orange peel
- Dash hot pepper sauce (optional)
- Orange slices (optional)
- Lettuce (If serving cold as a salad)

Directions

1. Prepare rice mix according to package directions, substituting 1 tablespoon vegetable oil for the butter and 1/2 cup orange juice for 1/2 cup of the water; remove from heat.
2. Stir in dried plums; cool to room temperature.
3. Mix in remaining ingredients except lettuce.
4. You can serve this hot as a side dish or let it cool and serve over lettuce as a salad with a light citrus dressing. Garnish with orange, lemon or lime slices if you wish. Enjoy.

Adapted from Source:

<https://www.californiadriedplums.org/recipes/citrus-rice-pilaf-salad>

EAT WELL, AGE WELL. NUTRIENT DENSE SOUP

JANUARY IS NATIONAL SOUP MONTH!

SOUP CAN BE EASY AND NUTRITIOUS. YOU CAN USE A CANNED SOUP AS A BASE AND THEN DOCTOR IT UP. READ THE LABEL AND LOOK FOR LOWER SODIUM OPTIONS. YOU CAN ADD FLAVOR WITH FRESH OR DRIED HERBS LIKE THIS RECIPE.

IF YOU HAVE LEFTOVERS OR PRODUCE THAT NEEDS TO BE USED, MAKING A BIG POT OF SOUP IS A GREAT WAY TO USE PRODUCE INSTEAD OF THROWING IT AWAY. THEN FREEZE IT IN SMALLER BATCHES SO YOU CAN HEAT IT UP ON DAYS YOU DON'T FEEL LIKE COOKING.

ADD FRESH, FROZEN, OR CANNED VEGGIES OR BEANS TO THE SOUP TO INCREASE NUTRIENTS.



Photo by Lori Fernandez

Simple Tomato Basil Soup

Ingredients:

- 2 cans Condensed Tomato Soup
- 3 medium tomatoes
- 1-2 garlic cloves
- 6-8 fresh basil leaves
- 3 cups milk of your choice
- Romano or Parmesan cheese (optional)

Directions

1. Combine tomatoes, garlic and fresh basil in food processor. Process until consistency is still somewhat chunky (like a very chunky applesauce).
2. In large pot, combine tomato soup and milk. Add the mixture from the food processor and heat on medium/low stirring frequently, until mixture is bubbling.
3. Serve immediately topped with a little fresh Romano or Parmesan cheese sprinkled on top!

Source: Beneficial Bites <https://gwaar.org/nutrition-education-and-activities>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Pam VanKampen, RDN, CD 1/18

EAT WELL, AGE WELL. NUTRIENT DENSE PIE DAY

JANUARY 23, 2018 IS NATIONAL PIE DAY!

PIE... REMINDS ME OF GROWING UP
ON THE FARM. MY MOM AND
GRANDMA TAUGHT US HOW TO
MAKE PIE CRUST THAT WE FILLED
WITH VARIOUS DELICIOUS FILLINGS.

SOME OF OUR FAVORITES WERE
RAISIN, CUSTARD, APPLE, BLACK
RASPBERRY WITH TART CHERRIES,
AND CONCORD GRAPE PIE. WHAT,
GRAPE PIE? YES, IT'S AMAZING, YOU
SHOULD TRY IT THIS SUMMER.

DISCUSS YOUR FAVORITE PIES AND
MEMORIES ASSOCIATED WITH THEM.



Photo courtesy of Pixabay.com

REFLECTING, THESE PIES WERE NUTRIENT DENSE
AND PROVIDED NEEDED ENERGY FOR THE FARM
CHORES.

THE RAISIN PIE WAS BASIC, NOT FULL OF SOUR
CREAM AND ALL THAT FAT, BUT IT WAS
AMAZING. IT'S STILL ONE OF MY FAVORITES AND
WOW, HIGH IN POTASSIUM!

CUSTARD PIE IS HIGH IN PROTEIN.
FRUIT PIES ARE A GREAT WAY TO ADD EXTRA
FRUIT TO YOUR DAY.



You don't always have to use pie crust. You
can put fresh fruit on small tart shells.

Try cutting the sugar in the recipe by $\frac{1}{4}$ or $\frac{1}{2}$.
You can also puree or mash fruit and thicken it
with cornstarch and mix in whole fruit.

Try baking pumpkin pie in a baking dish
without a crust. It turns out great! You won't
have to mess with the crust and it cuts out a
lot of calories. Enjoy with friends.