

12 Great Ways to Use...

Dried Figs

Delicious, versatile, and packed with nutrition, California Figs from the San Joaquin Valley of Central California are the perfect addition to your sweet and savory recipes. In addition to their great taste, there are plenty of good reasons to enjoy figs. They offer fiber, antioxidants, and essential vitamins and minerals. Figs were one of the first fruits ever cultivated by ancient peoples, and today they are easy to find in grocery stores.

- 1.** Elevate a simple grilled cheese sandwich with thinly sliced dried figs and a few ribbons of freshly sliced basil.
- 2.** Roast a chicken atop a bed of dried figs, quartered onions, and rosemary. The figs will absorb the chicken juices, turning warm and plump.
- 3.** Add figs to your favorite slow-cooked stew, for a bite of sweetness to contrast the savory elements.
- 4.** Stuff figs with a soft, savory traditional cheese such as goat cheese for an elegant but fuss-free appetizer.
- 5.** Add chopped dried figs to your rice pilaf or grain salad (farro, quinoa, whole wheat couscous). Nuts also pair especially well with this combo and add protein.
- 6.** Enjoying hummus? Stir chopped, dried figs together with chickpeas, and spoon over the hummus for a delicious topping.
- 7.** The next time you enjoy a cheese or crudité board, pair dried figs with one soft cheese, one aged cheese, and whole grain crackers.
- 8.** Cook butternut squash ravioli (or ravioli of your choice), and toss with olive oil, toasted hazelnuts, sauteed chard, and dried figs.
- 9.** Chop up dried figs up for your next batch of trail mix, along with nuts and seeds. It's the perfect sweet and salty on-the-go snack!
- 10.** For an unforgettable dessert, dip dried figs in dark chocolate. Bonus points: no cooking required!
- 11.** Mix dried figs into a fresh fruit salad with peaches, berries, or cherries. The juices from the fresh fruit will plump up the figs, adding a delightful textural contrast.
- 12.** Add chopped dried figs to your next bowl of oatmeal, cold cereal, or granola, for a boost of fiber, potassium, and of course, a little sweetness.



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