

FRUIT SCOOPS

Shimmering Fig And Fruit Salad—A Treat for All Seasons

(NAPSA)—With premium quality dried California figs and an abundance of fresh fruits available, fruit salad has become a popular year round dish. If you aren't including golden, slightly nutty flavored Calimyrna figs and sweet, dark purple Mission figs, you're missing a wonderful opportunity to give your fruit salads a delicious nutrition boost.

Everybody can make a basic fruit salad, but if you're looking for something unique and a little special, Shimmering Fig and Fruit Salad is the recipe for you. Featuring seasonal favorites and sweet, chewy figs, this simple recipe tickles the taste buds with a sprinkling of crystallized ginger (typically found in the produce department) and a fresh shimmering citrus dressing. It's a versatile recipe that you can serve throughout the year knowing you are providing a fruit salad packed with a powerful array of essential nutrients including vitamin C, vitamin A, potassium, iron, calcium and fiber.

Recently the government updated the U.S. Dietary Guidelines to highlight the importance of fiber. A key ingredient in a healthy diet, fiber is fast becoming a favorite buzzword in the dietary world. Most Americans need about 14 grams of fiber per 1,000 calories consumed. That translates to an average of 28 total grams of fiber for most women and 35 grams for most men. Did you know that just one serving of about five dried California figs contains approximately five grams of fiber—more than most other commonly eaten dried or fresh fruits. Both golden Calimyrnas



It fig-ures: you can make a marvelous dessert any time of year with dried figs and seasonal fruit.

and dark purple Missions provide high amounts of fiber and a wonderful flavor and texture that is the key to a perfectly balanced fruit salad. For more recipes and information about dried California figs, visit www.valleyfig.com.

Shimmering Fig and Fruit Salad

For a special occasion, serve in small, stemmed glass dishes or in a pineapple half.

6 tablespoons granulated sugar

½ cup water

Pinch of salt

2 tablespoons fresh lime juice (strained)

1 cup halved, stemmed Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna figs

4 cups mixed fresh fruit chunks (1-inch)*

1 to 2 tablespoons finely chopped crystallized ginger

Combine sugar, water and salt in a small saucepan over medium-high heat. Bring to a boil, stirring to dissolve sugar. Simmer for 3 to 4 minutes, until reduced to ½ cup. Remove from heat and stir in lime juice. Place figs in heat-proof bowl. Pour warm syrup over figs. Refrigerate until cold. To serve, in salad bowl combine figs and syrup with other fruits and ginger. Toss gently. Serve promptly or cover and chill for up to 3 hours. Makes 4 to 5 servings (about 5 cups).

* Select a variety of seasonal fresh fruits with different colors and textures such as:

Winter: orange, grapefruit or tangerine sections, red grapes or red apple, kiwi, mango or papaya, melon, pineapple, Asian or other pear, banana

Spring: pineapple, strawberries, raspberries or cherries, apricots, kiwi, grapes

Summer: blueberries or blackberries, watermelon, peaches or nectarines, red or black plums, pears

Fall: pineapple, apples, pears, melon, grapes, bananas, mango or papaya

Nutrients per serving (5): Calories 228 (0% calories from fat); Protein 2g; Total Fat 0g (Saturated Fat 0g); Carbohydrate 55g; Cholesterol 0mg; Dietary Fiber 5g; Sodium 37mg.