

Tummywise™ Tips

Easy ways to add California Dried Plums to your diet for better digestive health

They used to be called prunes. But that was then, this is now, and if you haven't tried California Dried Plums in a while, you're in for a delightful surprise. Today's dried plums are moist and chewy, and their rich, sweet flavor makes them a great snack anytime.

Take 'em with you: Dried plums are portable, convenient and need no refrigeration. Keep a bag in your car, office, cupboard or gym bag, and you'll always have a serving of fruit on hand.

Better batter: Add chopped, pitted dried plums to muffin, quick bread or pancake batter for a hint of sweetness and extra fiber.

Over the top: Use whole or chopped, pitted dried plums as a topping for oatmeal, cold cereals or pancakes.

Spread the good stuff: Add chopped, pitted dried plums to apple butter, orange marmalade, peanut butter or low-fat cream cheese; spread on toast or bagels.

Sweeter salads: Include chopped, pitted dried plums in chicken or turkey salad.

Drink to your health: Prune juice has many of the health benefits of dried plums, and it tastes great. Keep some in your fridge at home and at the office.

Find out more about the simple steps you can take for better digestive health at www.Tummywise.com.

California Dried Plums. Tasty, Timely, Tummywise™.

You hear about the importance of heart health, mental health and just plain health all the time. But let's take a moment to talk about the importance of digestive health. It's a fundamental cornerstone of wellness. The good news is, for most people, improving digestive health is a matter of taking simple preventative steps.

Not surprisingly, thinking about what and how you eat is the best place to start. A balanced and varied diet, rich in colorful fruits and vegetables, fiber, protein, calcium, and vitamin D, is the key to good digestive health.

California Dried Plums (prunes) are particularly helpful. A single serving (4 to 5 dried plums) has 3 grams of fiber, which is important for healthy digestion. Dried plums also contain many other nutrients including potassium, magnesium, vitamin A, iron and antioxidants—all of which have considerable health benefits.

Adding California Dried Plums to your diet can be as easy as it is delicious—whether you snack on dried plums or cook with them. Here are three easy recipes and a whole batch of ideas to get you started. For complete information on how to achieve better dietary health through simple, enjoyable changes to your diet and lifestyle, visit www.Tummywise.com.

Meanwhile, grab some California Dried Plums, head for the kitchen and start cooking Tummywise. It's the tasty way to better digestive health for you and your family.

Swordfish Kabobs With California Dried Plums And Bay Leaves

INGREDIENTS

Prep time:	15 minutes
Cook time:	10 minutes
Makes	8 servings
swordfish, cut into 24 (1-inch) cubes	2 pounds
olive oil	2 tablespoons
lemon juice	2 tablespoons
red pepper flakes	1/2 teaspoon
salt	1/2 teaspoon
pitted California Dried Plums	24
large bay leaves, fresh or dried	24
bamboo or metal skewers	8
lemon wedges	

In large bowl, combine swordfish, oil, lemon juice, pepper flakes and salt; turn to coat swordfish evenly. Cover and refrigerate at least 20 minutes. If using dried bay leaves, soak in hot water 10 minutes; drain. Thread 3 swordfish cubes, 3 dried plums and 3 bay leaves onto each skewer, alternating. Grill skewers on gas or charcoal grill, turning occasionally so fish cooks evenly on all sides, about 10 minutes or until fish offers no resistance to tip of small sharp knife. Serve with lemon wedges.

Nutrition Information Per Serving: 252 calories; 8 g fat; 44 mg cholesterol; 327 mg sodium; 20 g carbohydrate; 2 g fiber; 23 g protein



For more information visit www.Tummywise.com
www.CaliforniaDriedPlums.org
or write to: California Dried Plum Board,
3840 Rosin Court, Suite 170
Sacramento, CA 95834

Be Tummywise™

With California Dried Plums, Nature's recipe for digestive health



Swordfish Kabobs With California Dried Plums And Bay Leaves



Warm Farro And Cannellini Bean Salad With California Dried Plums And Crispy Prosciutto

INGREDIENTS

Prep time:	15 minutes
Cook time:	25 minutes
Makes	6 servings
farro*	3/4 cup
olive oil	3 tablespoons
sliced prosciutto, cut into thin strips	2 ounces
small carrots, peeled, halved lengthwise and thinly sliced	2
celery stalks, thinly sliced on bias	3
salt	1/4 teaspoon
fennel seed, crushed	1/2 teaspoon
red pepper flakes	1/4 teaspoon
cannellini beans, drained and rinsed	1 (15-ounce) can
pitted California Dried Plums, quartered	1 cup
chopped Italian parsley	1/4 cup

In large saucepan, bring farro and 4 cups water to boil. Reduce heat and simmer about 15 minutes or until farro is tender; drain. In large skillet, heat oil over medium heat. Add prosciutto; cook, stirring frequently, about 5 minutes or until crisp. Remove with slotted spoon and drain on paper towel. Add carrots, celery, salt, fennel seed and pepper flakes to skillet. Cook 5 minutes, stirring frequently. Add farro, beans and dried plums. Cook, stirring gently, until heated through. To serve, mound on platter; sprinkle parsley and reserved prosciutto on top.

Nutrition Information Per Serving: 272 calories; 9 g fat; 8 mg cholesterol; 460 mg sodium; 39 g carbohydrate; 7 g fiber; 8 g protein

Tip: *Farro (Italian whole wheat berries) is available in Italian markets or natural food stores. Barley may be substituted; cook according to package directions.



Warm Farro And Cannellini Bean Salad With California Dried Plums And Crispy Prosciutto

California Dried Plums Steeped In Jasmine Tea With Yogurt

INGREDIENTS

Prep time:	5 minutes
Cook time:	15 minutes
Makes	6 servings
jasmine tea leaves	2 tablespoons
sugar	1/4 cup
fresh ginger	1 (1/2-inch) slice
pitted California Dried Plums	1 1/2 cups
honey	1 1/2 tablespoons
Greek-style or drained non-fat yogurt*	1 1/2 cups
fresh raspberries	1 cup
chopped crystallized ginger	1 tablespoon

In saucepan, bring 2 cups water to simmer. Remove from heat; add tea. Steep 5 minutes. Strain, discard leaves and pour tea back into rinsed saucepan. Add sugar and ginger; simmer about 10 minutes or until reduced to 1/2 cup. Remove ginger, add dried plums. Cover and let sit at least 15 minutes. Stir honey into yogurt. Divide yogurt among 6 bowls; top with dried plums and steeping liquid. Garnish with raspberries and crystallized ginger.

Nutrition Information Per Serving: 218 calories; 0 g fat; 2.5 mg cholesterol; 73 mg sodium; 50 g carbohydrate; 3 g fiber; 6 g protein

Tip: *To make 1 1/2 cups drained yogurt, line strainer with paper coffee filter; set over bowl. Place 3 cups non-fat yogurt in filter, cover with plastic wrap and place in refrigerator at least 4 hours. Discard liquid that drains from yogurt.



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