

Suggested Fruit of the Month:

Figs

March 2018



Figs have a unique taste and texture. They have a very sweet chewy flesh and crunchy seeds. Figs come in a variety of colors, the black mission figs with their blackish purple flesh and the Calimyrna figs with their yellow greenish skin are the most common in California. Figs are commonly used to make jams or the famous fig newton. Raw figs are an excellent source of fiber and potassium.

Source: <https://www.livestrong.com/article/340856-benefit-of-fresh-figs/>

Fig & Ricotta Oatmeal

Provided by: Sodexo

Serves: 1

Portion: 1 1/3 cup

Ingredients

½ cup Old-fashioned rolled oats
2 tablespoons Part-skim ricotta cheese
2 tablespoons dried figs, chopped
1 tablespoon Toasted sliced almonds
2 teaspoons Honey
Pinch (1/8 teaspoon) Salt

Instructions

Follow cooking instructions on package.
Add toppings.

Additional tips

Substitute or add almond milk or other milk of choice when making oats for additional boost of protein, calcium and vitamin D.

Nutritional Facts

Per serving: 315 calories, 8 g Tot Fat, 10 mg Cholesterol, 186 mg Sodium, 53 gm Carbohydrates, 7 gm Fiber, 22 gm Sugar (12 gm added Sugar), 10 gm Protein



HOW TO EAT:

Slice fresh figs and serve over non-fat unsweetened Greek yogurt. Drizzle with honey.



Figs are an excellent snack raw. Just rinse and enjoy! They are also great to include in fruit salad.



Figs are a great topping to add to a salad. Sprinkle with a soft cheese like goat cheese for a sweet and savory combo.



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