

Cooking with Prunes (Dried Plums)



Prunes are plums that have been dried. They are low in fat but high in fiber and vitamin A. They also give us other important nutrients such as iron and potassium.

Prunes are often packed in a 1-pound package. One serving is about 4 to 6 prunes.

Uses

Prunes make a great-tasting fruit snack for busy people. You can also use prunes in cakes, muffins and cookies.

How to store them

For best quality, store unopened boxes of prunes in a cool, dry place.

Once the box has been opened, store the prunes in an airtight container in the refrigerator to prevent spoilage. Use prunes within 6 months.

Oatmeal Prune Cookies (makes about 30 cookies)

What you need

½ cup shortening
½ cup packed brown sugar
½ cup granulated white sugar
2 eggs
1 teaspoon vanilla
1½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup oatmeal (uncooked)
10 chopped prunes

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large bowl, cream the shortening, brown sugar and granulated sugar until the mixture is smooth. Beat in the eggs and vanilla. Set it aside.
3. In a small bowl, mix the flour, baking soda and salt. Stir it into the creamed sugar and shortening mixture.
4. Stir in the oatmeal and chopped prunes.
5. Drop the batter by spoonfuls onto a lightly greased cookie sheet.
6. Bake the cookies at 350 degrees F for 12 to 15 minutes or until golden brown.
7. Remove the cookies from the cookie sheet and let them cool on a wire rack.

Tip: Soak the prunes in hot water for about 10 minutes to make them soft.

Tip: To measure packed brown sugar, spoon or scoop it into a dry measuring cup. Pack it down firmly with a spatula or spoon until level. Brown sugar should hold its shape when removed from the cup.

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Revision