



Local PICK OF THE MONTH

August 2023

Fantastic Figs

Nutty fig toast

Ingredients

- 8 to 10 fresh whole figs.
- 2 teaspoons olive oil.
- Pinch of salt.
- 1/4 cup nut butter of your choice.
- 1/4 cup part-skim ricotta cheese.
- 1 tablespoon honey.
- 1/2 teaspoon cinnamon.
- 4 slices bread, toasted.

Directions

- Preheat oven to 400 F. In a baking dish, toss figs with olive oil and a pinch of salt. Bake for about 10 minutes or until soft.
- In a mixing bowl, combine nut butter, ricotta cheese, honey and cinnamon.
- Spread mixture onto toasted bread. Top with roasted figs and enjoy!

Yields 4, 1 piece servings.

Nutrition information per serving: 340 calories, 13 g fat, 4 g fiber, 48 g carbohydrates, 10 g protein

Recipe adapted from foodnetwork.com.

What's so great about figs?

- This fruit is naturally sweet.
- They are a good source of dietary fiber which supports digestive health.
- Half a cup of dried figs has nearly as much calcium as half a cup of milk.



What's the best way to eat figs?

- Fresh or dried.
- As a topping for yogurt parfaits, oatmeal or pancakes.
- Added to smoothies and baked goods.

Selection and preparation

Selection	Storage
Choose figs with smooth skin that give slightly to touch but are not mushy. Figs do not ripen once picked.	Store fresh figs in the refrigerator and use them quickly—they have a shelf life of only seven to 10 days.
Preparation	Cooking
Figs can be frozen, dried or made into jam for a longer shelf life.	Figs are delicious raw but can also be roasted or cooked.



Samaritan
Health Services