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Using and Storing Dried Fruits

Michigan State University Cooperative Extension Service

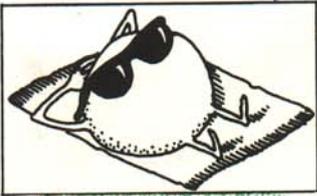
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**USING & STORING****DRIED FRUITS**

dried fruits

**Currants, raisins, dates, figs, prunes and other dried fruits are great additions to many baked items. Because they are dried, their natural sugars and flavors are concentrated.**

### Special Considerations

To plump or soften dried fruit, try one of the following methods:

- Cover the fruit with boiling water or fruit juice. Let stand 5 to 10 minutes before draining.
- Place fruit in steamer over boiling water. Steam for 3 to 5 minutes.
- In microwave: Place 1 cup of fruit in a dish. Sprinkle with 2 tablespoons of water and cover with plastic wrap. Microwave on "high" for 1-1/2 minutes, stirring once. Let stand 3 to 5 minutes.

When cutting dried fruits for recipes, try one of the following methods to make the job easier:

- Toss fruit in some of the flour used in the recipe before cutting.
- Coat scissors or knife with vegetable oil.
- Rinse knife in hot water occasionally while cutting to prevent stickiness.

### How to Store Dried Fruits

Package dried fruits in moisture-resistant, airtight containers, such as heavy plastic bags, glass jars or plastic containers with tight fitting lids.

Store containers in a cool, dark place. For long-term storage, refrigeration is best.

### How to Use Dried Fruits

Use plain as nutritious snacks or as an ingredient in pies, salads, cookies, cakes, sauces, puddings and casseroles.

### Dried Fruits are Nutritious

All dried fruits are good sources of fiber, potassium, iron and several B vitamins. Prunes are an excellent source of vitamin A.

Dried fruits are a concentrated source of sugar. A 3-1/2 ounce serving of dried fruit provides about 300 calories.

