

# PLUM

## Types

There are two types of plums, which are European and Japanese.

**European:** These plums are generally eaten fresh or used in salads and desserts or used to for dry fruit. They are usually elongated and blue in color, but can be other colors too.

**Japanese:** These plums are generally used for fresh markets. These plums are usually not suited for drying as they do not contain enough sugar or thickness of skin. These plums range from round to heart shaped are various in color.

## Selection Info

Choose plums that are slightly soft when gently pressed with your thumb.

## Preparation

Plums are most often eaten raw, but also can be cooked. Before

eating, wash plums under cold running water.

**To Peel:** Cut an X on the bottom of the plum without piercing it deeply. Submerge the plum entirely in a pan of boiling water for about 30 seconds. Remove the plum with a slotted spoon and place it in an bowl of ice water. Once fully cooled the skin will easily pull off.

**Grill:** Heat a grill. Cut plums in half, then coat the outside with a mixture of butter, cinnamon, and brown sugar to taste. Place on a grill for about 5 minutes or until soft.

## Storage

**Short-Term Storage:** If plums are ripe, store them in the refrigerator for no more than 4 days. If plums are not quite ripe, store at room temperature in a paper bag until ripe.

**Long-Term Storage:** Plums can be frozen or canned.

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# PLUMS-PLUS MUFFINS

## Ingredients

- Nonstick cooking spray
- 1 14-ounce box oat bran muffin mix
- 3/4 cup apple juice
- 1 cup plums (finely chopped)
- 3/4 cup raisins

## Directions

1. Heat oven to 425°F.
2. Lightly spray a 12-cup muffin pan with nonstick cooking spray.
3. In medium bowl, combine muffin mix and apple juice until just wet. Stir in plums and raisins.
4. Spoon batter into muffin cups, to just below the rim, making sure not to fill completely.
5. Bake 14 minutes or until a toothpick or fork inserted in center comes out clean.
6. Remove muffins from pan and cool on wire rack or plate.



Learn more about **PLUM** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlinks/food.php?food=plum>.

 **Share your recipes!**

### Nutrition Information

Serving Size	1/12 of recipe
<b>Nutrients</b>	<b>Amount</b>
Total Calories	130
Protein	6g
Carbohydrates	34g
Dietary Fiber	6g
Total Fat	2g
Saturated Fat	1g
Sodium	10mg

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