

Plums

Excellent source of Vitamin C
and good source of Vitamin K

Hearty Fruit Punch

2-3 fresh nectarines
3-4 plums
1 (6 oz.) can any flavor frozen juice concentrate
1 liter lemon-lime soda
Mint leaves

Slice fruits and put 1 quart in a bowl. Combine with concentrate in electric blender and puree. Refrigerate. When ready to serve, pour puree into large pitcher or punch bowl. Add soda. Add ice cubes and mint leaves and additional plum and nectarine slices. Makes 2 quarts without ice.

Plum Filling with Ricotta Topping

½ cup fresh bread crumbs
¼ cup chopped dried plums
2 T. toasted pine nuts
1 T. sugar
12" frozen pie crust
½ cup packed brown sugar
¼ cup plum jelly

2 T. each instant tapioca and dry white wine
2 tsp. lemon juice
1 tsp. cinnamon
1 ½ pound fresh plums, pitted and sliced
1 egg beaten with 1 T. water
Turbinado sugar

Preheat oven to 400F with baking stone inside. For the sweet crumbs, pulse bread crumbs, pine nuts, and 1 T. granulated sugar until combined; set aside. For the filling, whisk together brown sugar, jelly, tapioca, wine, lemon juice and cinnamon in a large bowl. Add fresh plums and toss to coat. Layer sweet crumbs onto pie crust, leaving a 2-inch border around the edges. Spoon filling onto sweet crumbs. Fold dough edges over filling, leaving middle exposed. Brush egg and water mixture onto dough, then sprinkle on turbinado sugar. Transfer crostata to baking stone and cook until filling is bubble and crust is gold, 35-40 minutes; let cool to room temperature. For the topping, combine ricotta, sour cream and ¼ cup sugar in a bowl; chill until ready to use. Cut crostata into wedges and serve with topping.

Honey Roasted Plums

6 (not too ripe) plums, cut in half and pitted
2 T. honey
A good drizzle of olive oil

1 tsp. fresh thyme leaves
Pinch of salt

Preheat oven to 400°F (200°C) and place a rack in the middle. Place halved plums in a 8x8-inch square baking pan, cut side up. Drizzle with honey, olive oil, sprinkle with thyme leaves and salt. Roast for about 12 to 14 minutes, or until the plums are cooked through and the honey starts to caramelize and glazes the plums. Remove from the oven and allow to cool for a couple of minutes. Serve as it is or with ice-cream or yogurt. Roasted plums will last in an airtight container in the refrigeration for up to three days. Makes 4 servings.



Plum Chicken Wraps

1 (8 oz.) can unsweetened crushed pineapple, drained
1/3 cup plum sauce
1 T. rice vinegar
1/2 tsp. sesame oil

2 cups cubed cooked chicken breast
1/2 cup chopped green onions
1/4 cup salted cashews
2 medium fresh plums, sliced
12 Boston or Bibb lettuce leaves

In a large saucepan, combine the pineapple, plum sauce, vinegar and oil. Cook and stir over medium heat for 5 minutes. Stir in the chicken, green onions and cashews; heat through. Remove from the heat; stir in plums. Place 1/3 cup chicken mixture on each lettuce leaf. Fold lettuce over filling. Makes 4 servings.

Plum Poppy Seed Oatmeal

1 cup almond milk or water
1/2 cup rolled oats
1 T. poppy seeds
1 T. chia seeds (optional)

3-4 plums, pitted and chopped (fresh or frozen)
1 tsp. honey
1/4 tsp. cinnamon (optional)

In a small pot, bring the almond milk to a boil, add the oats and poppy seeds and cook until creamy for about 10 minutes, adding some water if necessary. Stir in the chia seeds if using. Add the plums, coconut sugar, cinnamon, vanilla and cook for a few more minutes to bring out the flavors and to heat it back up if the plums were frozen. Serve topped with nut butter, berries, or any other toppings you like. Serves 1.

Veggie Kabobs with Plum BBQ Sauce

1 cup chopped plums (about 2 or 3)
1/3 cup catsup
1/3 cup brown sugar
2 T. apple cider vinegar
1 tsp. Worcestershire sauce or soy sauce vegan

1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. red pepper flakes
1/4 tsp. garlic powder
Veggies of choice for the kabob

There is no need to peel the plums. Add all of the ingredients to your blender or food processor. Process until smooth. If reducing on the grill, pour into a small cast iron skillet and reduce the sauce. You'll need to stir it frequently so it doesn't burn. If reducing on the stove, place in a small sauce pan over medium heat and reduce stirring frequently. This takes about 10 minutes, either on the grill or stovetop. Choose your veggies and prepare the skewers. After cleaning the vegetables, thread them onto the skewer, brush with olive oil and sprinkle with salt and pepper. Grill about 3 minutes each side, mop with sauce, flip & repeat until the vegetables are cooked. Makes 2 servings.

Balsamic-Goat Cheese Grilled Plums

1 cup balsamic vinegar
2 tsp. grated lemon peel

4 medium-size firm plums, halved and pitted
1/2 cup crumbled goat cheese

For glaze, in a small saucepan, combine vinegar and lemon peel; bring to a boil. Cook 10-12 minutes or until mixture is thickened and reduced to about 1/3 cup (do not overcook). Grill plums, covered, over medium heat 2-3 minutes on each side or until tender. Drizzle with glaze; top with cheese. Makes 8 servings.

Pretzel Fruit Pizza

3 cups finely crushed pretzels
2/3 cup sugar
1 1/4 cups cold butter, cubed
1 (14 ounce) can sweetened condensed milk
1/4 cup lime juice

1 T. grated lime zest
1 1/2 cups whipped topping
7 to 8 cups assorted fresh fruit, such as plums, berries, kiwi and oranges

Preheat oven to 375°. In a large bowl, mix crushed pretzels and sugar. Cut in butter until mixture resembles coarse crumbs. Press into a 14-in. pizza pan. Bake 8-10 minutes or until set. Cool on a wire rack; refrigerate 30 minutes. In a large bowl, mix milk, lime juice and lime zest. Fold in whipped topping; spread over crust. Refrigerate until cold. Just before serving, top with fruit. Makes 8 servings.