Fruit of the Month
March 2017:
Figs

Figs have a unique taste and texture. They have a very sweet flesh combined with the chewiness of their flesh and crunchiness of the seeds. Figs come in a variety of colors, the black mission figs with their blackish, purple flesh and the Calimyrna figs with their yellow greenish skin are the most common in California.

Figs can be found year around dried or fresh from June through September. But you can also get fresh frozen figs in some grocery stores now. Figs are commonly used to make jams or the famous fig newton.

Raw figs are an excellent source of fiber, potassium and phytochemicals such as polyphenols know for their role in cancer prevention.

Charred Tiger and Black Figs

Provided by: UCR’s Executive Chef Reeves

Makes 4 Servings
Ingredients:
1/2 lb. of Tiger Figs
1/2 lb. of Black Mission Figs
1 tbsp. olive oil
1 tbsp. agave
Pinch of sea salt

Directions:
1. Cut the figs in half length-wise. Toss with olive oil, agave and sea salt.
2. Place the figs on a sheet pan and roast in the oven at 500 degrees for about 5 minutes or until slightly charred.
3. Chill and serve.

Nutrition Facts: 129 calories, 3g fiber, 25g carbohydrate, 22g sugar, 4g fat, 1g saturated fat, 1g protein, 0mg cholesterol, 40mg sodium.

How to eat Figs:

- Slice fresh figs and serve over non-fat unsweetened Greek yogurt. Drizzle with honey.
- Figs are an excellent snack raw. Just rinse and enjoy! They are also great to include in fruit salads.
- Figs are a great topping to add to a salad. Sprinkle with a soft cheese like goat cheese for a sweet and savory combo.

For questions, please contact Nicole Collins, MPH, RD Wellness Program Specialist, at Nicole.collins@ucr.edu or 951-827-5082
Veggie of the Month
March 2017: Eggplant

Eggplants are known for their deep purple, glossy skin and unique taste and texture. Eggplant’s flesh is like a sponge and absorbs flavors that it comes in contact with, making it a great vegetable for stir fry. They belong to the family of vegetables called nightshade, that include tomatoes, bell peppers and potatoes. Eggplants are high in fiber, and manganese. They also contain important phytonutrients that act as antioxidants in our bodies. The dark purple of the skin contains a powerful phytonutrient called nasunin, known for its ability to protect cells from damage.

How to eat Eggplant:

- Sautéed eggplant is a super easy way to prepare eggplant. Just dice and coat with olive oil and salt and pepper and cook on medium heat until slightly browned. Great added to stir fries.
- Cut eggplant into strips and bake them or slice into rounds for a simple side dish.
- Eggplant’s meaty flesh is perfect for grilling. Cut into thick rounds for burgers or cubes for kabobs.

Grilled Miso Glazed Japanese Eggplant

Provided by: UCR’s Executive Chef Reeves

Makes 6 servings
Ingredients:
- 2 lbs. Japanese eggplant (halved)
- 8 oz. mirin wine
- 1/4 cup red miso paste
- 1/4 cup honey
- 6 oz. water
- 2 tbsp. sesame oil
- 2 tbsp. blended oil

Directions:
1. Wash and cut eggplant in half, length wise.
2. In a sauce pan, cook the red miso paste, 7 oz. of mirin wine, honey, water, and sesame oil down to a glaze. This takes approximately 30-45 minutes on medium-low heat. Cool and set aside.
3. In a mixing bowl, toss the eggplant, blended oil and remaining mirin together. Mix well.
4. Grill the eggplant on the char broiler for 3-4 minutes until there are diamond grill marks on the flat side. Set aside until ready to use. You can do this in advance or overnight.
5. Spread the miso glaze over the eggplant, and place on an oiled sheet pan.
6. Roast the eggplant at 500 degrees for 2-3 minutes, or until the miso glazes the eggplant.

Nutrition Facts: 234 calories, 4g protein, 33g carbohydrate, 9g fiber, 23g sugar, 10g fat, 1g saturated fat, 0mg cholesterol, 436mg sodium.

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