

Fruit of the Month

PLUOTS® AND APRIUMS®!



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Pluots are complex hybrid fruits that are part plum and part apricot in heritage. These fruits were originally invented in the late 20th century by Floyd Zaiger and are now grown in parts of Washington and California. Pluots have a majority of plum parentage and therefore, have smooth skin like plums. Some varieties of pluots are sometimes called interspecific plums, or dinosaur eggs. The pluot is often confused with the aprium which is another plum and apricot hybrid with mostly apricot heritage. Like apricots, apriums have slightly fuzzy skin. Pluots and apriums are known for their sweetness and flavor; the sugar content of these fruits is much higher than that of a plum or apricot alone.

Pluot and Aprium nutritional information is not available at this time.

Plum	
Serving Size 1 quince (132g)	
Amounts Per Serving	% Daily Value
Calories 70	
Calories from Fat 5	
Total Fat 1g	2%
Saturated Fat 0g	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A	8%
Vitamin C	20%
Calcium	0%
Iron	0%
Percent Daily Values are based on a 2,000 calorie diet.	

Apricot	
Serving Size (114g)	
Amounts Per Serving	% Daily Value
Calories 50	
Calories from Fat 5	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A	60%
Vitamin C	20%
Calcium	2%
Iron	4%
Percent Daily Values are based on a 2,000 calorie diet.	



Availability

Pluot and aprium season stretches from May to September. Pluots can be found mostly in milder climates.

Selection

Pluots and apriums should be plump and firm. Avoid pluots that are green, blemished, or have broken skin.

Storage

Pluots and apriums should be ripened at room temperature and then refrigerated. Pluots can be ripened in a brown paper bag at room temperature.

Preparation

Fruit should be washed well and dried before consumption. To remove pit, cut the fruit in half. Pluots and apriums can be eaten fresh or cooked.

Varieties

Approximately 20 varieties of pluots have been developed and bred by Zaiger Genetics. Each variety contains a different percentage of plum and apricot parentage. These varieties vary in size, skin color, and flesh color. The skin can be solid, striped, or speckled and skin colors range from yellow-green to black. Pluot flesh ranges from white to red in color.

There is only one variety of aprium currently on the market. The Honey Rich interspecific is bright orange and has bright orange flesh.

Pluot varieties include:

- Candy Stripe: medium, pink-yellow striped, with very sweet and juicy flesh.
- Cherry: small, bright red skin with white flesh.
- Dapple Dandy: large sweet with pale green to yellow, red-spotted skin, red or pink juicy flesh.
- Flavorella: round, medium-sized, golden-yellow, with sweet and juicy flesh.
- Flavor Heart: very large, black with a heart shape, and yellow flesh.
- Flavor King: very sweet, medium or large, with red-purple skin and red flesh.
- Flavorosa: very sweet or tart, medium-sized, flat round dark-purple fruit with red flesh.
- Flavor Prince: large round and purple, with red flesh.
- Flavor Rich: medium-sweet, large black round fruit with orange flesh.
- Flavor Supreme: medium or large, greenish purple skin, juicy red flesh.
- Flavor Queen: large light-green to yellow, very juicy.
- Red Ray: medium, bright red with dense, sweet orange flesh.



Make Pluots and Apriums Part of Your 5 A Day Plan

- Use pluots and apriums in sauces to pour over waffles or pancakes.
- Substitute pluots for plums in recipes.
- Use pluots and apriums as a topping for yogurt or as dessert.
- Add sliced pluots or apriums to your next salad.
- Add pluots or apriums to your favorite cereal.
- Make a pluot or aprium crisp for dessert.
- Serve pluots over low calorie ice cream.

Recipes

*All recipes were analyzed using plums or apricots

Confetti plum (pluot)-pasta salad

Makes 6 servings

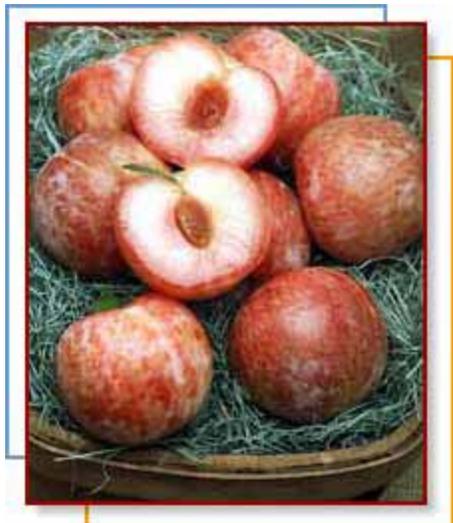
Each serving equals one 5 A Day serving

Source: 5 A Day Better Health Cookbook

Energy Density = 1.3

Ingredients

- 8 ounces corkscrew pasta
- $\frac{1}{2}$ medium red bell pepper, cut into strips
- $\frac{3}{4}$ cup peeled and diced jicama
- $\frac{1}{2}$ cup chopped red onion
- 8 pluots, sliced
- 2 Tbsp diced pimento
- 1 tsp finely grated fresh ginger
- 3 Tbsp rice or white wine vinegar
- 1 Tbsp vegetable oil
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp freshly ground black pepper



Cook the pasta according to the package directions. Drain. Rinse briefly under cold water and drain. In a large bowl, toss together the pasta, red and yellow bell peppers, jicama, onion, and pluots.

In a small bowl, whisk together all the basil, pimento, ginger, vinegar, oil, salt, and pepper until blended. Drizzle the dressing over the salad and toss evenly until coated.

Nutritional analysis per serving: Calories 216, Protein 6g, Fat 3g, Calories From Fat 14%, Cholesterol 0mg, Carbohydrates 42g, Fiber 4g, Sodium 43mg.

Aprium Muffins

Makes 9 servings

Each serving equals one 5 A Day serving

Source: California Fruit Tree Agreement

Energy Density = 1.9

Ingredients

1 14-ounce box oat bran muffin mix

$\frac{3}{4}$ cup apple juice

18 finely chopped fresh apriums

$\frac{3}{4}$ cup raisins



Preheat oven to 425 °F. Lightly coat about 9 muffin cups with nonstick spray. In medium bowl, combine muffin mix and juice until just moistened. Stir in apriums and raisins. Spoon batter into muffin cups full. Bake 14 minutes or until a toothpick inserted in center comes out clean. Remove muffins from pan and cool on wire rack.

Nutritional analysis per serving: Calories 277, Protein 5g, Fat 7g, Calories From Fat 20%, Cholesterol 4mg, Carbohydrates 53g, Fiber 4g, Sodium 300mg.

Shrimp and Pluot Stir Fry

Makes 2 Servings

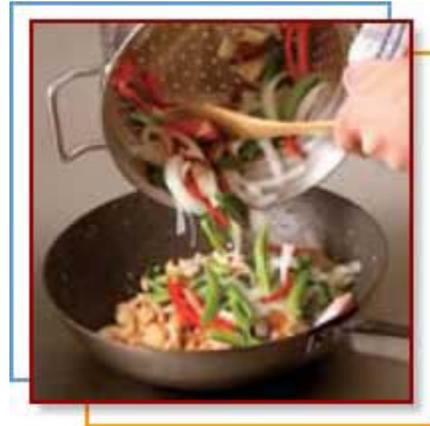
Each serving equals two 5 A Day servings

Source: California Fruit Tree Agreement

Energy Density = 0.8

Ingredients

- 1 tsp safflower oil
- 1 clove garlic, minced
- $\frac{1}{2}$ tsp ginger, grated
- 2 green onions, chopped
- 1 tsp cornstarch
- $\frac{1}{4}$ cup chicken broth
- 2 Tbsp sherry
- 1 tsp soy sauce
- 1 tsp brown sugar
- $\frac{1}{2}$ pound shrimp, shelled, de-veined
- 4 pluots, sliced
- 4 ounces water chestnuts
- $\frac{1}{4}$ pound broccoli, diagonally sliced



Combine oil, garlic, ginger and onions in a microwave-safe casserole. Cook on high 30 seconds. Add cornstarch, chicken broth, sherry, soy sauce and brown sugar. Microwave on high for 1 minute. Stir in remaining ingredients. Cover, cook on high 2 to 3 minutes, stirring once.

Nutrition information per serving: Calories 328, Protein 28g, Fat 6g, Calories From Fat 15%, Cholesterol 173mg, Carbohydrates 43g, Fiber 6g, Sodium 389mg.

Summer Fruit Chicken Salad with Mustard Dressing

Makes 4 Servings

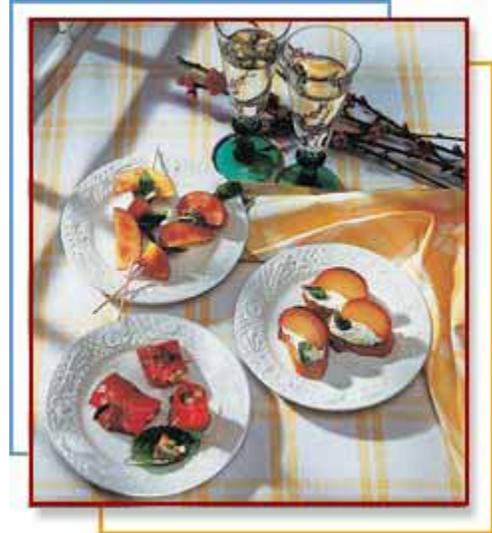
Each serving equals one and one half 5 A Day servings

Source: California Fruit Tree Agreement

Energy Density = 0.7

Ingredients

2 cups romaine lettuce leaves, torn
12 ounces, cooked and shredded boneless,
skinless chicken breasts
2 nectarines, sliced
2 peaches, sliced
2 pluots, sliced
2 apriums, sliced
2 tsp olive oil
2 Tbsp white vinegar
2 Tbsp Dijon-style mustard
2 tsp sugar



Divide lettuce among 4 salad bowls. Divide sliced fruit and shredded chicken. Place on top of lettuce. To prepare dressing, combine oil, vinegar, mustard and sugar in a jar. Tighten lid on jar; shake well. Drizzle dressing over salad.

Nutrition information per serving: Calories 219, Protein 22g, Fat 5, Percent Calories From Fat 19, Cholesterol 49, Carbohydrates 24, Fiber 3g, Sodium 247mg.

California Fresh Fruit Kebobs with Lemon and Cayenne

Makes 12 Servings

Each serving equals one 5 A Day servings

Source: Produce for Better Health Foundation

Energy Density = 0.5

Ingredients

6 ripe pluots, halved and pitted
6 ripe peaches, halved and pitted
6 ripe nectarines, halved and pitted
2 lemons, juiced
1 tsp cayenne pepper
mint sprigs (optional)

Cut each half of fruit into thirds. Place fruit in medium bowl, add lemon juice and cayenne pepper; mix well. Marinate fruit for 1 hour. On a skewer, alternate fruit wedges; chill. Garnish with mint sprig, if desired.

Nutrition information per serving: Calories 75, Protein 1g, Fat 1g, Calories From Fat 6%, Cholesterol 0mg, Carbohydrates 19g, Fiber 3g, Sodium 0mg.