



Figs

## **California Figs & Fitness**

*With Valerie Waters*

Celebrity Fitness Trainer and author  
of *Red Carpet Ready*

*You're one workout away  
from a good mood!*

## THINK CALIFORNIA.

When you think figs, think California. California produces 100% of the nation's dried figs and 98% of the fresh figs under the best growing conditions and highest quality standards in the world.

## THINK HEALTH.


California Figs offer unmatched nutrition and unmatched flavor. California Figs are the only fruit that provides an excellent source of dietary fiber. Just three to five dried or fresh figs provide five grams of dietary fiber, and they are rich in antioxidants.


## THINK DELICIOUS.


Absolutely nutritious; positively delicious. Luscious fresh and dried figs provide unique flavor notes ranging from deep earthy tones reminiscent of Pinot Noir to the buttery-nuttiness of Chardonnay. There are six major varieties of figs grown in California and each variety has its own, one-of-a-kind flavor – Black Mission, Calimyrna, Kadota, Brown Turkey, Sierra and Tiger.

When you think Figs, Think California!

For more information and great recipes, visit [www.CaliforniaFigs.com](http://www.CaliforniaFigs.com)

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 Gorgonzola Stuffed  
California Figs with Prosciutto



Waldorf Salad  
with California Figs 



Caribbean Jerk Chicken  
with California Figs 



 California Figgy Energy Bites



Just three to five dried or fresh California Figs count as a full fruit serving. When combined with a protein, they offer the perfect delicious and nutritious bridge to your next meal.

## Gorgonzola Stuffed California Figs with Prosciutto

*From The California Fig Growers, Fresno, California*

### INGREDIENTS

- 1 pound prosciutto, sliced very thin
- 16 medium or 24 small fresh or dried California figs, stemmed
- 3 tablespoons soft Gorgonzola\* cheese
- ½ cup seedless raspberry jam, melted
- ½ cup white balsamic vinegar
- Fresh thyme leaves, chopped

### PROCEDURE

Divide prosciutto into 24 long, thin strips; set aside. Starting at stem end, cut figs in half lengthwise, leaving blossom end intact. Spoon about ½ teaspoon cheese in center of each and press halves back together. Wrap each fig with strip of prosciutto and thread onto skewers. Grill over high heat, 5 minutes, turning frequently, until lightly charred on all sides. Remove from grill to 8 individual serving plates. Combine jam and vinegar; mix well and drizzle over figs. Sprinkle with thyme. Serve warm.

### Notes:

1. Gorgonzola or any premium blue-veined cheese.
2. Nutrition facts are for fresh figs. Calories, sugar and carbohydrates may be slightly higher with dried figs.

Serves: 8

### NUTRITION FACTS (per serving)

Calories 250 (15% from Fat); Total Fat 4.5g; Saturated Fat 1.5g; Trans Fat -0-g; Cholesterol 35mg; Sodium 800mg; Potassium 440mg; Carbohydrate 38g; Sugar 34g; Dietary Fiber 3g; Protein 16g; Daily Values: Vitamin A 4%; Vitamin C 4%; Calcium 6%; Iron 6%,

# 5 Tips for Reaching your Food and Fitness Goals

*By Valerie Waters*

**Don't leave your workouts and diet to chance.**

Fit people plan ahead. If you know you are eating lunch out, check out the restaurant's menu ahead of time. Don't wait until you are there and starving. If you have back-to-back meetings, pack your lunch and a healthy snack. Schedule your workouts at the beginning of the week and make them non-negotiable. If you are traveling and your hotel doesn't have a gym, then pack your Valslides™ and look online for a running route or nearby yoga studio. There are always options if you don't leave it to chance.

**Strategy trumps willpower.**

Most people think they need more willpower, but what they really need are better strategies. Typically, the same thing trips most people up each day - whether it's raiding the vending machine late in the afternoon when energy dips, or trying to manage stress with a bag of chips. Rather than white-knuckling it, have a strategy to replace it. Curb those afternoon cravings by bringing a delicious, healthy snack to work. One of my go-to snacks is California Figs because they are delicious, filling and perfectly portable. Always have healthy options on hand, so you will not be tempted!

**Bank your fitness.**

Many of my clients travel for business and pleasure, which can disrupt workouts and diets. While you should strive to workout on the road and eat healthy, part of the pleasure in life is trying that special meal or exotic food. So to allow a little room for a missed workout or special treat, put some "fitness in the bank." Start tightening your diet a couple of weeks ahead of time and put extra effort into your workouts. Whether it's adding intervals, some weight, or going a little longer, putting the extra effort in now will help you stay true to your fitness goals.

**Eat simply.**

When you eat foods that are as close to their natural state as possible, you avoid consuming excess sugar and fat - and ingredients you've never heard of. Focus on lean protein, fruit, veggies and nuts. California Figs are a perfect addition to eating simply. They provide an excellent source of dietary fiber, are a rich source of antioxidants and are fat-, sodium-, and cholesterol-free.

**Learn to cook a few good things.**

When you make your own food, you know exactly what's going into your body. You don't have to be a master chef, but having a few go-to recipes gives you healthy food that also tastes great! Check out the recipes here for delicious, healthy snack and meal ideas featuring delicious, natural California Figs.



Ounce for ounce, California Figs provide a nutritional punch that is unmatched by any other fruit. In addition to being an excellent source of fiber, figs contribute essential vitamins and minerals to your diet, including iron, calcium, potassium, magnesium, vitamin B6 and copper.

## Waldorf Salad with California Figs

*By Chef Michael Shakelford, Trelis Restaurant, Clovis, California*

### INGREDIENTS

#### Dressing

- ¾ cup plain, nonfat Greek yogurt
- ½ cup light sour cream
- 2 tablespoons honey
- 2 tablespoons ver jus
- 1 tablespoon chopped flat leaf parsley
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt or to taste
- White pepper to taste

#### Chicken

- ½ cup dried California figs, stemmed and diced
- ½ cup fresh California figs, stemmed and diced
- 4 stalks celery, ribs removed and sliced
- 3 Granny Smith apples; peeled, cored and diced ½-inch
- 3 red radishes, shredded
- 2 boneless, skinless chicken breasts (4 ounces each); poached and diced
- ½ red bell pepper, seeded and diced small
- 6 to 12 butter lettuce leaves
- ¼ cup glazed pecans
- ¼ cup pomegranate seeds (optional)

### PROCEDURE

Combine yogurt, sour cream, honey, ver jus, parsley, mustard, salt and pepper in large mixing bowl; whisk and mix together well. Adjust seasonings to taste. Add figs, celery, apples, radishes, chicken and bell pepper to mixing bowl and toss to coat well with dressing.

To serve, spoon equal amounts of salad onto 6 salad plates lined with butter lettuce leaves. Garnish with candied pecans and pomegranate seeds, as desired.

Serves: 6

Tip: Use 1 cup of dried California figs if fresh are not available.

### NUTRITION FACTS (per serving)

Calories 260 (16.6% from Fat); Total Fat 5g; Saturated Fat 1.5g; Mono Fat 2g; Poly Fat 1g; Trans Fat 0-g; Cholesterol 30mg; Sodium 320mg; Potassium 346mg; Carbohydrate 42g; Sugar 32g; Dietary Fiber 6g; Protein 15g; Daily Values: Vitamin A 20%; Vitamin C 40%; Calcium 15%; Iron 8%.

# Caribbean Jerk Chicken with California Figs

By Chef Robert Del Grande, RDG + Bar Annie, Houston, Texas

## INGREDIENTS

### Caribbean Jerk Sauce

- ½ cup vinegar
- ½ cup water
- ¼ cup brown sugar
- 2 tablespoons fresh thyme leaves
- 1 to 2 tablespoons Habanero chile sauce or 1 to 2 fresh Habanero chiles, stemmed and seeded
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 4 ounces dried California Mission figs; stemmed and quartered
- 8 cloves garlic, chopped
- 4 whole cloves, crushed
- 1 bunch green onions; white part only, chopped

### Chicken Breasts

- 4 (4-oz.) boneless, skinless chicken breasts
- 1 tablespoon olive oil

### Cabbage Slaw

- 2 cups green cabbage, thinly sliced or shredded
- 2 cups red cabbage, thinly sliced or shredded
- 1 ½ tablespoons extra virgin olive oil
- 1 tablespoon fresh lime juice
- 4 fresh and/or dried California figs
- 1 ripe mango, diced or sliced
- 1 red bell pepper; stems and seeds removed, cut in thin strips
- Pinch salt, pepper and sugar or to taste
- 6 fresh and/or dried California figs, sliced for garnish

## PROCEDURE

### Caribbean Jerk Sauce

In saucepan, combine all jerk sauce ingredients. Bring to a boil, reduce heat and simmer for about 20 minutes or until figs are soft. Set aside to cool. Transfer to a small food processor or blender. Add olive oil and seasonings and process until smooth to make a thick sauce. Store in refrigerator until needed.

### Chicken Breasts

Preheat oven to 350°F. In large ovenproof skillet, heat olive oil until hot. Sear chicken breasts until lightly browned on both sides. Brush, liberally, with jerk sauce. Bake at 350°F for 25 to 30 minutes or until chicken reaches 165°F on a meat thermometer.

Meanwhile, combine all ingredients for cabbage slaw in a large bowl and toss to mix well. Divide between 4 individual serving plates. Slice each chicken breast into 1/2-inch slices, and arrange on top of cabbage slaw, spooning a dollop of Caribbean Jerk Sauce over each. Garnish with sliced figs

Serves: 4

## NUTRITION FACTS (per serving)

Calories 530 (24.2% calories from fat); Total Fat 14g; Saturated Fat 1.5g; Mono Fat 10g; Poly Fat 1g; Trans Fat 0g; Cholesterol 65mg; Sodium 610mg; Potassium 717mg; Carbohydrate 71g; Sugar 54g; Dietary Fiber 11g; Protein 30g; Daily Values: Vitamin A 50%; Vitamin C 190%; Calcium 15%; Iron 20%.



California figs are rich in antioxidants, and are fat-, sodium- and cholesterol free. Go ahead and reach for them often for a handy snack or add them whole, chopped or pureed to a variety of on the go power bars and balls.

## California Figgy Energy Bites (No bake)

*By Chef John Csukor, KOR Food Innovations, Richmond, Virginia*

### INGREDIENTS

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- ½ cup toasted coconut flakes
- ½ cup peanut butter
- ½ cup ground golden flax seed
- ¼ cup dried California Figs, diced
- ½ cup pureed fig (prepare in advance using your processor)
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- ½ cup water
- 1 pinch kosher salt

### PROCEDURES

Stir all ingredients together in a medium bowl until thoroughly mixed. Can also use your favorite stand mixer, not hand mixer. Cover and let chill in the refrigerator for half an hour. Once chilled, roll into 1" balls. Store in an airtight container and keep refrigerated for up to 1 week.

Yield: 20 balls; 2 per serving

### NUTRITION FACTS (per serving)

Calories 220 (18% from Fat); Total Fat 12g; Saturated Fat 3.5g; Trans Fat -0-g; Cholesterol 0mg; Sodium 45mg; Carbohydrate 23g; Sugar 10g; Dietary Fiber 6g; Protein 6g; Daily Values: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 8%.