

Nutrition News & Notes



Figs, Fiber And Fun—Salmon-Fig Kebabs Have It All

(NAPSA)—Mission and Calimyrna dried California figs with their plump, teardrop shape and firm texture make great additions to kebabs. Filled with colorful fruits and vegetables and laced with pieces of firm fish, chicken, turkey or lean red meats, kebabs provide endless possibilities for tasty, healthy meals.

Thread skewers with about $\frac{3}{4}$ fruits and vegetables and $\frac{1}{2}$ lean meat and you have a meal rich in fiber, vitamins, minerals, and phytonutrients. Let your imagination run wild with different combinations and marinades. Soaking the dried figs gives them an additional flavor twist and minimizes burning. Salmon-Fig Kebabs with Orange-Balsamic Glaze can also be made with chicken or turkey.

As the interest in eating healthfully continues to grow, and people of all ages look to new and unique foods to bring depth and variety to their daily diets, figs—deep purple Missions and golden, nutty-flavored Calimyrnas—will be the fruits of choice. Just five figs give you five grams of dietary fiber—a significant contribution towards the recommended daily total of about 25 to 30 grams.

Along with fiber, figs are a wealth of a variety of essential nutrients including calcium, iron, potassium, magnesium and copper. Naturally fat free, cholesterol free, trans fat free, and sodium free, dried California figs are healthy, flavorful additions to rice dishes, salads and desserts.

For more information and



Figs can be a flavorful, fiber-full addition to kebabs.

recipes featuring dried California figs, visit the Valley Fig Growers Web site at www.valleyfig.com.

Salmon-Fig Kebabs with Orange-Balsamic Glaze

- 6 to 8 (10-inch) bamboo skewers**
- $\frac{3}{4}$ cup orange juice**
- 1 tablespoon *each* balsamic vinegar and lemon juice**
- 1 clove garlic, finely chopped or pressed**
- $\frac{1}{4}$ teaspoon salt**
- 12 to 16 Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna figs, stems removed**
- 1 to 1½ pounds skinless salmon fillet**
- $\frac{3}{4}$ to $\frac{1}{2}$ teaspoon *each* salt and pepper**
- 1 large red bell pepper**
- $\frac{1}{2}$ medium red onion**
- $\frac{3}{4}$ teaspoon cornstarch**
- 1 tablespoon olive oil**
- 3 tablespoons chopped fresh thyme or parsley**

Cooked brown rice (optional)

Soak bamboo skewers in water. In small saucepan, combine orange juice, vinegar, lemon juice, garlic and $\frac{1}{4}$ teaspoon salt. Add figs. Cover and bring to a boil over high heat. Reduce heat and simmer for 1 minute. Remove from heat and let stand, covered, for 20 minutes. Meanwhile, cut salmon into $\frac{1}{4}$ -inch cubes. Sprinkle on all sides with $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Cut bell pepper and onion into $\frac{1}{4}$ -inch squares. Remove figs with slotted spoon to separate bowl, reserving liquid in saucepan for glaze. Heat oven to 450° F. Thread salmon on skewers, alternating with figs, bell pepper and onion pieces. Place on oiled rack over a foil-lined baking sheet. Roast 18 to 22 minutes, turning after 10 minutes, until fish flakes. While fish cooks, add cornstarch to reserved liquid in saucepan and stir with whisk until blended. Add olive oil. Bring to a boil over medium-high heat, stirring constantly. Remove from heat and brush or spoon glaze over kebabs. Sprinkle with fresh thyme. Serve over rice, if desired. **Makes 4 servings.**

Nutrients per serving: Calories 384; Protein 28 g; Total Fat 12 g (Sat. Fat 2 g); Carbohydrate 41 g; Cholesterol 72 mg; Dietary Fiber 7 g; Sodium 355 mg.