

California Dried Fruit Medley

RECIPE BOOKLET

Featuring dates, figs, prunes and raisins


california
DRIED FRUIT COALITION





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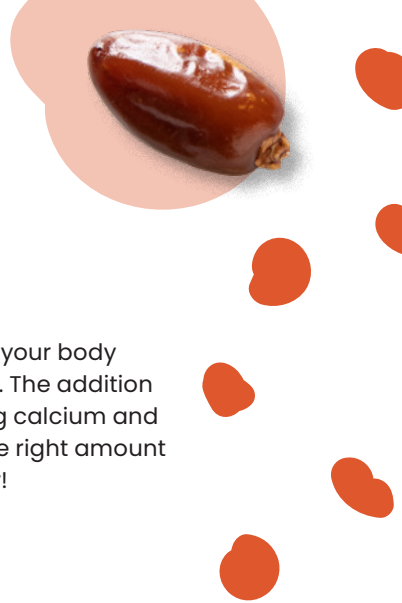
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YIELD:
48 servings
1 full sheet pan

CONTRIBUTION:
2 oz eq WGR grain
¼ cup fruit

Harvest Spice Bread

featuring California Dried Fruit Medley

This flavorful harvest spice bread is made with whole wheat flour, which provides your body with gut-friendly and energy-providing fiber and essential vitamins and minerals. The addition of Greek yogurt contributes to its fluffy texture, while also supplying bone-building calcium and muscle-supporting protein. A colorful medley of California dried fruit adds just the right amount of sweetness and texture to make this harvest spice bread better than the bakery!

INGREDIENTS:

- 1 quart + 2 cups California Dried Fruit Medley (diced dates, figs, prunes, and raisins)
- 1 quart water, hot
- 1 lb 12 oz flour, white whole wheat
- 1 lb 12 oz flour, all purpose
- ¼ cup baking powder
- 2 teaspoons baking soda
- 2 Tablespoons ginger, ground
- 1 Tablespoon cinnamon, ground
- 2 teaspoons salt
- 1 teaspoon cloves, ground
- 2 cups plain Greek yogurt, low-fat
- 10 eggs, large (20 ounces)
- 1 quart brown sugar, packed
- 2 cups oil, canola

DIRECTIONS:

1. Preheat oven to 325° F convection and 350° F conventional.
2. Spray 1 full size sheet pan with pan release.
3. Pour hot water over California Dried Fruit Medley. Set aside.
4. In a large bowl, combine whole wheat flour, all purpose flour, baking powder, baking soda, ginger, cinnamon, salt, and cloves. Whisk until combined.
5. In another large bowl or mixer bowl, combine yogurt, eggs, sugar and oil until smooth. Use a whisk or whip attachment to blend.
6. Add dry ingredients to the liquid in the bowl or mixer bowl, alternating with hot water and dried fruit. Mix ingredients just until combined. Do not overmix or spice bread may become tough.
7. Pour 5 qts into each prepared pan. One sheet pan makes 48 servings.
8. Bake for about 30–35 minutes or until lightly browned and a toothpick inserted in the middle comes out clean.
CCP: No bare hand contact with ready to eat food.
9. Cut each sheet pan 6 x 8 into 48 servings per pan. Serve with tongs or gloved hands.

NUTRIENTS PER SERVING

Calories	358kcal	Sat. Fat	1g
Protien	6g	Chol	45mg
Carb	60g	Sodium	303mg
Total Fat	11g	Dietary Fiber	4g

YIELD:
75 servings
2/3 cup each

CONTRIBUTION:
2 oz meat/meat alternate
1 or 2 oz eq WGR grain
1/2 cup legumes
1/4 cup fruit

INGREDIENTS:

- 10 lbs chicken, fully cooked, diced
- 3 lbs diced red onion, 1/2"
- 1/2 cup chopped garlic
- 3/4 cup canola oil
- 1/4 cup + 1 Tablespoon cinnamon, ground
- 1/4 cup + 1 Tablespoon ginger, ground
- 2 Tablespoons + 2 teaspoons cumin, ground
- 2 Tablespoons salt
- 1 teaspoon black pepper
- 3 quarts chicken broth
- 1 #10 can chickpeas, drained and rinsed
- 2 quarts + 2 cups California Dried Fruit Medley (diced dates, figs, prunes, and raisins)
- 2 cups chopped cilantro
- 2 1/2 gallon rice, brown, prepared

Moroccan Chicken Tagine

featuring California Dried Fruit Medley

Travel the world without leaving the cafeteria with this tasty Moroccan Chicken Tagine. Chicken is a lean protein source rich in essential B vitamins, which are important for energy production. Garbanzo beans are a great source of plant-based protein and fiber, helping you stay satisfied between meals. A surprising combination of cumin, ginger, cinnamon, and the California Dried Fruit Medley adds a touch of sweetness—in addition to disease-fighting antioxidants—in this otherwise savory dish. A sprinkle of cilantro adds just the right pop of color to make this nourishing and flavorful recipe dazzle!

DIRECTIONS:

1. Thaw diced chicken in refrigerator overnight.
2. Heat a tilt skillet or large sauté pan to medium heat. Add oil. When oil is shimmering, add onion. Cook for about 5 minutes or until onion becomes translucent.
3. Add chopped garlic, cinnamon, ginger, cumin, salt, black pepper, and chicken. Toss to coat chicken in spices. Cook approximately 1 minute or until fragrant. Be careful not to burn spices.
4. Add broth, chickpeas, and California Dried Fruit Medley to skillet. Bring to a boil, then reduce to a simmer and cover. Simmer approximately 15-20 minutes. Transfer to 2" steam table pans and sprinkle with cilantro.
CCP: Heat to a minimum temperature of 135° F.
CCP: Hold and serve at 135° F or above.
CCP: No bare hand contact with ready to eat food.
5. Using a #6 disher (~5.6 oz), serve 2/3 cup chicken mixture over 1/2 cup brown rice (K-5) or 1 cup brown rice (6-12).

NUTRIENTS PER SERVING

Calories	319kcal	Sat. Fat	<1g
Protein	18g	Chol	46mg
Carb	47g	Sodium	304mg
Total Fat	6g	Dietary Fiber	4g





YIELD:

40 servings, $\frac{2}{3}$ cup each
(~5 ounce)

CONTRIBUTION:

$\frac{1}{4}$ cup fruit
1 oz eq WGR grain

INGREDIENTS:

2 cups balsamic dried fruit vinaigrette
1 $\frac{1}{2}$ cups apple cider vinegar
2 quarts diced apple, $\frac{1}{2}$ " (~2 lbs 2 oz)
2 cups California Dried Fruit Medley
(diced dates, figs, prunes and raisins)
2 cups chopped parsley (~1.6 oz EP)
1 cup sunflower seeds
2 teaspoons salt
1 gallon + 1 quart quinoa, prepared

Harvest Grain Salad

featuring California Dried Fruit Medley

This harvest grain salad is full of texture, flavor, and nutrition. Quinoa is an excellent source of plant-based protein, fiber, vitamins, and minerals. Apples provide a satisfying crunch in addition to immune-supporting antioxidants. Sunflower seeds and fruity balsamic vinaigrette are rich in heart-healthy fats which also help you stay satisfied between meals. A sprinkling of the California Dried Fruit Medley contributes even more texture, in addition to fiber and anti-inflammatory antioxidants.

DIRECTIONS:

CCP: No bare hand contact with ready to eat food.

1. In a large bowl, combine slightly cooled quinoa, vinaigrette, apple cider vinegar, diced apple, California Dried Fruit Medley, parsley, sunflower seeds, apple cider vinegar, and salt. Using a spatula, fold to combine. Cover and store in the refrigerator until ready to serve.

CCP: No bare hand contact with ready to eat food.

2. Using a #6 disher, serve $\frac{2}{3}$ cup.

NUTRIENTS PER SERVING

Calories	267kcal	Sat. Fat	1g
Protien	6g	Chol	0mg
Carb	34g	Sodium	155mg
Total Fat	12g	Dietary Fiber	4g



YIELD:
1 quart

Balsamic and Fruit Vinaigrette

featuring California Dried Fruit Medley

Say goodbye to acidic, bland, and unhealthy vinaigrettes, and say hello to balance, flavor, and nutrition! An olive/canola oil blend adds essential monounsaturated fatty acids, which are excellent for heart health. This balsamic vinaigrette is blended with a combination of dried dates, figs, prunes, and raisins to add natural sweetness and fiber without adding sugar.

INGREDIENTS:

1 cup California Dried Fruit Medley (diced dates, figs, prunes, and raisins)
1 cup boiling water
3 cups olive/canola blend
1 cup balsamic vinegar
1 teaspoon salt

DIRECTIONS:

CCP: No bare hand contact with ready to eat food.

1. Place California Dried Fruit Medley and boiling water in a blender and let sit for 15 minutes.
2. Add oil, balsamic vinegar, and salt to fruit.
3. Puree until no large chunks of dried fruit remain, and vinaigrette is mostly smooth.

NUTRIENTS PER SERVING

Calories	203kcal	Sat. Fat	1.5g
Protein	<1g	Chol	0mg
Carb	5g	Sodium	76mg
Total Fat	21g	Dietary Fiber	<1g







YIELD:
20 salads

CONTRIBUTION:

2 oz M/MA

½ cup fruit

1 ½ cups dark green vegetable

INGREDIENTS:

- 2.5 lb diced chicken
- 1 quart + 1 cup diced apple, ½" (~1 lb 4 oz)
- 3 gallons + 3 quarts spinach (~9 lb 6 oz)
- 1 quart + 1 cup California Dried Fruit Medley (~1 lb) (diced dates, figs, prunes and raisins)
- 1 ¼ cup sunflower seeds
- 1 ¼ cup feta crumbles

Fall Fruity Salad

featuring California Dried Fruit Medley



Say goodbye to boring salads! This fall fruity salad is packed with flavor and fun to add pizzazz to your salad rotation. Chicken is a great lean protein source which is also rich in energy-providing B vitamins. Diced apples and the colorful California Dried Fruit Medley add textural variety, a touch of sweetness and immune-supporting antioxidants. Feta cheese provides bone-supporting calcium as well as a creamy texture. Crunchy sunflower seeds are rich in heart-healthy monounsaturated fats. All of this is served over a bed of iron-rich spinach, which supports healthy blood and energy levels. A drizzle of heart-healthy dried fruit balsamic vinaigrette pulls the whole salad together with a unique flavor that is sure to please even the pickiest salad eaters!

DIRECTIONS:

1. Thaw chicken in refrigerator overnight.

CCP: Hold at or below 41°F.

CCP: No bare hand contact with ready to eat food.

2. Chop spinach into bite size pieces. Set aside.
3. Fill container with 3 cups chopped spinach. Arrange salad toppings from left to right diagonally in the container as follows:
 - 1 Tablespoon sunflower seeds
 - ¼ cup diced apple
 - ¼ cup California Dried Fruit Medley
 - 1 Tablespoon feta cheese crumbles
 - 2 oz diced chicken

CCP: Hold and serve at 41°F or below.

4. Serve 1 salad with Balsamic Dressing or dressing of choice, along with a 2 oz eq WGR grain of choice.

NUTRIENTS PER SERVING

Calories	338kcal	Sat. Fat	2g
Protein	22g	Chol	51mg
Carb	45g	Sodium	342mg
Total Fat	9g	Dietary Fiber	9g



YIELD:

1 lb 7.5 oz, 2 1/3 cups

INGREDIENTS:

1 cup water

1 cup orange juice

2 cups California Dried Fruit Medley
(diced dates, figs, prunes and raisins)



Quick Dried Fruit Jam

featuring California Dried Fruit Medley

This isn't your traditional grape jelly! This quick dried fruit jam is packed with flavors that will surprise and satisfy your tastebuds without added sugars. A combination of dates, figs, prune, and raisins provides a range of nutrients such as fiber, vitamins, and minerals, in addition to naturally sweet flavors. Boiled together with citrusy orange juice, this fruity jam provides the added benefit of immune-supporting Vitamin C.

DIRECTIONS:

1. Place all ingredients in a medium saucepan. Bring to a boil over high heat. Once boiling, reduce to a simmer and cook for 15 minutes, stirring occasionally, until jam is thickened. Volume should reduce by half.

CCP: No bare hand contact with ready to eat food.

2. Remove from heat. Mash with a potato masher or alternatively, blend using an immersion blender. Jam will continue to thicken as it cools. Place in a container and allow to cool to room temperature before refrigerating.

CCP: Hold and serve at 41°F or below.

NUTRIENTS PER SERVING

Calories	31kcal	Sat. Fat	0g
Protein	<1g	Chol	0mg
Carb	7g	Sodium	2mg
Total Fat	0g	Dietary Fiber	<1g





YIELD:
40 sandwiches

CONTRIBUTION:
2 oz eq WGR grain
2 oz M/MA

INGREDIENTS:

- 2.5 lb shredded mozzarella cheese
- 2.5 lb shredded cheddar cheese
- 80 slices whole wheat bread
- 2 1/3 cups Quick Fried Fruit Jam featuring California Dried Fruit Medley (recipe available at cadriedfruit.com)
- Butter-flavored pan release

Grilled Cheese with Quick Dried Fruit Jam

featuring California Dried Fruit Medley

What's better than homemade grilled cheese?? This gourmet grilled cheese combines the best of both worlds: flavor and nutrition. Whole grain bread is rich in gut-friendly fiber as well as essential vitamins and minerals such as folate and iron. Melty cheese provides delicious flavor and texture as well as bone-supporting calcium. Finally, a generous smattering of dried fruit jam takes this sandwich from basic to gourmet while also contributing fiber, health-promoting antioxidants, and a delicious touch of sweetness.

DIRECTIONS:

1. Preheat oven to 375°F.
2. Weigh cheddar and mozzarella cheeses in a large bowl or container. Toss to combine.
3. Spray a full sheet pan with butter-flavored pan release. Lay 24 slices of bread onto prepared pan. Lay another 24 slices of bread onto a pan liner. Using a no. 70 disher, place 2 3/4 teaspoons Quick Dried Fruit Jam on each slice. Using a spatula or butter knife, spread jam to cover bread.
4. Using a 4 oz. spoodle, top each slice of bread on pan with 1/2 cup shredded cheese blend.
5. Top with bread from parchment paper. Spray top of sandwiches lightly with butter-flavored pan release spray.
6. Bake at 375°F for 8-10 minutes or until bread is toasted and cheese is melted. As an option, place a sheet pan on top of sandwiches for improved browning.

CCP: Heat to a minimum temperature of 135° F.

CCP: Hold and serve at 135° F or above.

NUTRIENTS PER SERVING

Calories	398kcal	Sat. Fat	9g
Protien	19g	Chol	47mg
Carb	36g	Sodium	688mg
Total Fat	18g	Dietary Fiber	5g



YIELD:
24 servings
2/3 cup each

CONTRIBUTION:
1 oz eq WGR grain
1/4 cup fruit

INGREDIENTS:

- 24 oz old fashioned oats
- 1 Tablespoon + 1 teaspoon baking powder
- 1 Tablespoon + 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 4 large eggs
- 1/2 cup brown sugar
- 1/2 cup honey
- 1/2 cup unsalted butter, melted and cooled slightly
- 1 Tablespoon + 1 teaspoon vanilla extract
- 2 quarts low-fat milk
- 3 cups California Dried Fruit Medley (diced dates, figs, prunes, and raisins)



Baked Honey Fruit Oatmeal

featuring California Dried Fruit Medley

What if you could have a big comforting bowl of oatmeal on-the-go? These baked honey fruit oatmeal bars are just the solution! Whole grain rolled oats are rich in gut-friendly and heart-healthy prebiotic fiber, which keeps you satisfied and energized for hours. Low-fat milk provides important bone-supporting calcium, Vitamin D, and protein. The delicious California Dried Fruit Medley, a touch of honey, and a dash of cinnamon pull the oatmeal bars together for a just-sweet-enough combination that excites your taste buds!

DIRECTIONS:

1. Preheat oven to 375°F. Spray a full size steam table pan with pan release.
2. Combine oats, baking powder, cinnamon, and salt in a large bowl.
3. In another bowl, whisk together eggs, brown sugar, honey, butter, and vanilla. Slowly add milk while whisking to combine.
4. Add wet ingredients to dry ingredients, and use a spatula to combine. Fold in dried fruit.
5. Pour into prepared pan and bake for 35-40 minutes or until oats are set and top is golden brown.

CCP: Heat to a minimum temperature of 135° F.

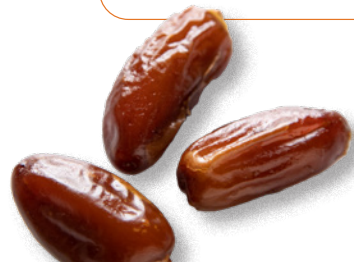
CCP: Hold and serve at 135° F or above.

CCP: No bare hand contact with ready to eat food.

6. Cut baked oatmeal into 24 pieces, 6 x 4.

NUTRIENTS PER SERVING

Calories	294kcal	Sat. Fat	3.5g
Protien	8g	Chol	45mg
Carb	50g	Sodium	185mg
Total Fat	7g	Dietary Fiber	4.5g









YIELD:
24 each

CONTRIBUTION:
¼ cup fruit
2 oz eq WGR grain

INGREDIENTS:

- 24 calzone dough pieces
- 3 cups California Dried Fruit Medley (diced dates, figs, prunes, and raisins)
- 10 oz powdered sugar
- ¼ cup 100% orange juice
- 2 teaspoons vanilla extract

Baked Fruity Roll-Ups

featuring California Dried Fruit Medley

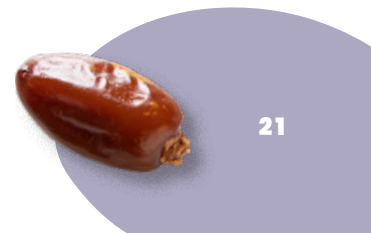
Swap out your traditional sugar-loaded cinnamon roll with this citrusy and sweet fruity roll up! A fiber-rich whole grain enriched dough is enhanced with a sprinkle of antioxidant-rich California Dried Fruit Medley. Rolled up and baked into a pillowy pastry, it is then drizzled with a citrusy glaze, resulting in a satisfyingly sweet and flavorful breakfast choice!

DIRECTIONS:

1. Preheat oven to 350°F.
 2. Remove frozen calzone dough from the case and place 8 dough pieces on each parchment-lined sheet pan.
 3. Cover the pan of frozen dough with plastic wrap sprayed with pan release and thaw in the cooler overnight.
 4. The next day, remove covered pan of dough from the cooler and set at room temperature for 45 minutes to warm. Preheat convection oven to 325°F.
 5. Press dough into 5 inch rounds using rolling pin or another sheet pan. If using another sheet pan to press, cover dough with film wrap to prevent sticking.
 6. Using a #30 disher, scatter 2 Tbsp dried fruit over dough. Press gently to adhere to dough.
 7. Roll tightly like a cinnamon roll. Place on lined sheet pans.
 8. Bake for 8-10 minutes until lightly browned.
 9. While fruity roll-ups are baking, prepare the icing. Combine powdered sugar with orange juice and vanilla extract. Mix until smooth and sugar is dissolved.
- CCP: No bare hand contact with ready to eat food.**
10. Remove roll-ups from oven and top each with 2 teaspoons (½ ounce) of icing.

NUTRIENTS PER SERVING

Calories	273kcal	Sat. Fat	0g
Protien	8g	Chol	0mg
Carb	58g	Sodium	145mg
Total Fat	1.5g	Dietary Fiber	4.5g



YIELD:
22 servings

CONTRIBUTION:
½ cup fruit
1 oz eq WGR grain

INGREDIENTS:

- Pan release spray
- 5 lbs frozen cherries
- 2 cups California Dried Fruit Medley (diced dates, figs, prunes and raisins)
- ¼ cup cornstarch
- 6 oz butter, melted
- 1 cup flour, white whole wheat
- 10 oz rolled oats
- ¼ cup white sugar
- 5 oz brown sugar
- ½ teaspoon cinnamon, ground



Baked Cherry Crisp

featuring California Dried Fruit Medley



Cherries are a delicious, juicy, antioxidant-packed fruit that pair perfectly when mixed with a combination of fiber-rich dried fruits. A crispy oat crumble provides a satisfying texture as well as satiating fiber. This cherry and California Dried Fruit Medley crisp is a delicious way to include another serving of nutritious fruit in your favorite lunch meals!

DIRECTIONS:

1. Preheat oven to 350°F.
2. Spray 2 inch full size steam table pan with pan release.
3. Place 5 pounds frozen cherries and 1 cup dried fruit in each pan. Sprinkle ¼ cup cornstarch over fruit and toss to combine.
4. Weigh and melt butter. In a large bowl, combine melted butter, flour, sugars, oats, and cinnamon. Using gloves, mix until crumbly.
5. Place 1 quart of topping over fruit in each pan. Bake at 350°F for approximately 45 minutes or until topping is golden brown and fruit is bubbling.

CCP: Heat to 135° F or higher.

CCP: Hold and serve at 135° F or above.

CCP: No bare hand contact with ready to eat foods.

6. Serve ⅔ cup using a #6 disher.

NUTRIENTS PER SERVING

Calories	294kcal	Sat. Fat	3.5g
Protien	8g	Chol	45mg
Carb	50g	Sodium	185mg
Total Fat	7g	Dietary Fiber	4.5g



california
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cadriedfruit.com

