

JELLY: a firm, smooth-textured spread made from fruit juice



MARMALADE: jams that contain some of the fruit's rind or peel. Citrus fruits are commonly used in marmalade

JAM: a thick spread containing both fruit juice and pieces of the fruit's flesh; also called preserves



WHY THEY ARE GOOD FOR YOU

Natural fruit spreads contain 35-50 calories per tablespoon and many of the nutrition benefits of the fruits they are made from such as vitamins and antioxidants. Fruit spreads are a lower calorie and fat alternative for sauces, spreads, dressings or glazes.

BEWARE...

Many commercial products contain high amounts of added sugar and other additives. Check nutrition labels to make sure that the natural fruit is the first in the list of ingredients (ingredients are listed in descending order of predominance by weight). Natural spreads generally contain <10 grams of sugar.



Created by Lesley Sykes 2/16/07

Fruit Spreads



THE OPPORTUNITIES ARE ENDLESS

Remember that fruit spreads are not just good on toast, they can be used as a dessert topping, a meat glaze, a stir-fry sauce, a sandwich spread...

QUICK AND EASY WAYS TO ENJOY



- Glaze chicken or pork with your favorite spread (melt beforehand) and bake as usual for an extra kick to your entrée.
- Combine 1 cup of fresh or frozen (thawed) fruit slices, such as peaches, with ¼ cup fruit spread. Refrigerate for 2 hours and you have a delicious dessert topping for ice cream and yogurt, or a filling for pies and cobblers.
- For a tangy strawberry salad dressing: combine ½ cup strawberry jelly, ¼ cup balsamic vinegar, 2 Tbsp Dijon mustard, ½ tsp ground black pepper and ¼ cup olive oil. Shake until mixed thoroughly.
- For a delicious gourmet sandwich: spread a tart jam (such as cranberry) on your favorite bread and top with turkey, mixed greens, and a mild white cheese. (OVER)



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