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## Cooking With Dried Fruits and Vegetables

### Key Nutrients

- Carbohydrates - give us energy
- Fiber - prevents constipation
- Vitamin A - helps children grow; keeps skin and eyes healthy
- Vitamin C - keeps gums and blood vessels healthy

### Serving Size

1/4 cup of dried fruit or vegetables provides one serving from the Fruit or Vegetable food group.

### Storage and Safety

Store dried fruits and vegetables in a tightly covered container in a cool, dry place.

### Preparation and Cooking

Once dried foods are cooked or "rehydrated" (water or other liquid is added) they need to be refrigerated within 2-3 hours.

Fruits: to plump or soften fruit, cover with boiling water, let stand for 5 minutes, and drain.

Vegetables: When you soak or rehydrate dried vegetables, they should plump to nearly the same size they were when fresh. Start with 1 1/2 to 2 cups cold water for each cup of dried vegetables. You may have to add more water. Root vegetables might take 1-2 hours to soften. (If you are adding dried vegetables to a soup or stew, don't worry about soaking them first - just toss them in!)

### Uses and Tips

- You can eat dried fruits plain, or mix them with nuts and seeds for a healthy snack.
- Use chopped dried fruit or whole dried berries instead of raisins in cakes, quickbreads, and cookies.
- Dried vegetables make excellent additions to homemade soups and stews. Soak root crops such as beets, carrots, and potatoes before adding them to a soup, stew, or casserole. You may need to increase cooking time or add more liquid to be sure the vegetables are tender.

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Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>