



SO...IS THIS A DATE? NO, IT'S A FIG ...

There are thousand reasons to love the sweetest fruit....The early Olympic athletes used figs as a training food. Figs were also presented as laurels to the winners, becoming the first Olympic "medal." The fig tree is a symbol of abundance, fertility and sweetness. Eating one half cup of figs has as much calcium as drinking one-half cup of milk. Buddha sat on the night he attained enlightenment under a type of fig (*Ficus religiosa*) better known as Bodhi Tree. It is definite that a fig tree provided the first clothing as noted in the Bible. Figs have numerous health benefits. For example they are extremely useful in various respiratory disorders like asthma. They reduce the risk of breast cancer, reduce cholesterol, prevent high blood pressure and heart attack, they are rich in calcium, treat sexual weakness and helps get rid of sleep disorders such as insomnia. (www.rawforbeauty.com)



Fresh Figs with Lemon-Vanilla Ricotta and Toasted Pistachios

Ingredients: 1/4 cup shelled pistachios, 1/2 cup ricotta cheese, 1 tablespoon honey, 1 tsp. finely grated lemon zest, Scraped seeds from 1/2 fresh vanilla bean, 12 fresh figs. Instructions:

In a dry skillet over medium-high heat, toast the pistachios until they are just starting to become fragrant, about 1-2 minutes. Remove from the heat and set aside to cool. You can chop the pistachios if you like, or leave them whole.

In a small bowl combine the ricotta cheese, honey, lemon zest and vanilla bean seeds.

Set aside. Cut the figs in half. Using your thumb or a small spoon, press down on the fleshy part (the cut side) to make a small indentation. Place about a teaspoon of the ricotta cheese on each fig half and then sprinkle with a few toasted pistachios. Serve immediately.

<http://www.floatingkitchen.net/>



Fig, Golden Beet and Prosciutto Salad with Fig Vinaigrette

INGREDIENTS: 6 cups arugula, 12 figs, halved, 8 slices prosciutto, 4 golden beets. *Fig Vinaigrette*:

3 figs, 1/3 cup olive oil, 3 tbsp champagne vinegar, 1 tsp finely diced shallot, 1 tsp dijon mustard, pinch of salt and pepper

INSTRUCTIONS:

Wash and cut the stems off the golden beets. Bring a pot of water to a boil, gently drop in the beets into the pot and boil for 30-40 minutes or until easily punctured with a knife. Remove the beets and let cool for a few minutes.

Peel the beets and slice into small chunks. Place in the refrigerator for 10 minutes to cool.

Assemble the salad by combining the arugula, figs and beets. Slice each prosciutto piece in half lengthwise, then roll up.

Make the dressing by combining all ingredients in a food processor and pulse until combined. Add the dressing to the salad and serve immediately.

www.downshiftology.com



Fig chips

4-6 medium figs — Makes 2-4 cups

1. Preheat oven to 425 degrees. 2. Using a chef's knife, thinly slice figs. 3. Place the figs on a lined sheet tray. 4. Bake until figs are dry, about 5-10 minutes. Let figs cool on tray. 5. Enjoy! <http://beautifulpicturesofhealthyfood.tumblr.com/>