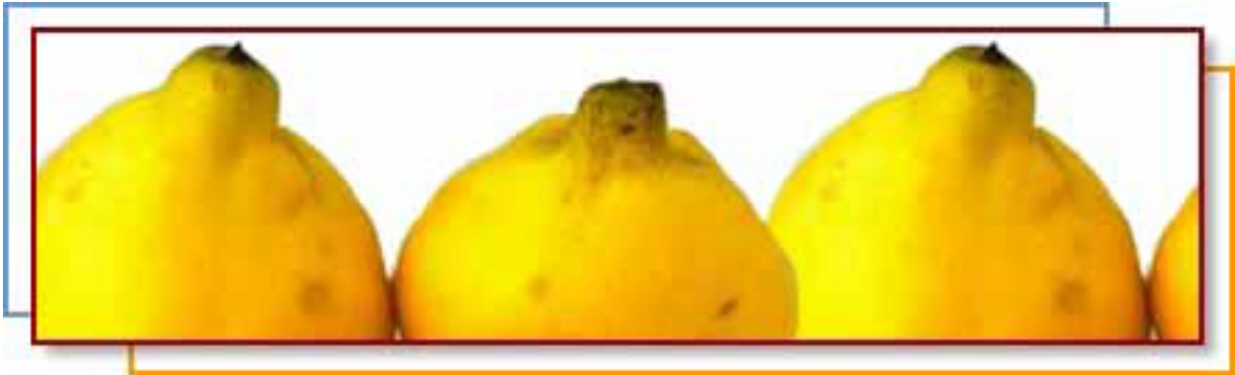


Fruit of the Month

Quince



The quince is a relative of the apple and pear and belongs to the pome fruit family. Quince is one of the earliest known fruits. For over 4,000 years, quince trees have grown in Asia and the Mediterranean. Today, quince is also found in Latin America, the Middle East, and the United States. The quince as we know it in the United States is a different fruit from that found in Western Asia and tropical countries, where the fruit is softer and more juicy. In colder climates, the fruit has a fine, handsome shape, a rich golden color when ripe, and a strong fragrance, judged by some to be heavy and overpowering.

In the raw form, the rind is rough and woolly, and the flesh is hard and unpalatable, with an astringent, acidulous taste. In hotter countries, the woolly rind disappears and the fruit can be eaten raw. Because it's rarely used in its raw form in the United States, the hard and dry flesh of the quince turns light pink to purple, becoming softer and sweeter when it's cooked. Because of the astringent, tart flavor, quinces are commonly made into preserves and jellies. When prepared as jelly, it tastes like a cross between an apple and a pear. Sometimes the quince smells like a tropical fruit.

Nutrition Facts

Serving Size (92g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 0g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Selection

Select fruit that are large, firm, and yellow with little or no green. Quinces should be picked when full-yellow and firm. Quinces must be handled carefully as they bruise easily.

Storage

Wrap quinces in a plastic bag and refrigerate them for up to 2 months.

Preparation

Quinces are not eaten fresh because of their astringency (due to high tannin content). Because of its high pectin content, it's particularly popular for use in jams, jellies, and preserves. Quinces tend to hold their shape, so they are ideal for poaching, stewing, or baking as a dessert.

Availability

This fragrant fruit is available September through January.

Make Quince Part of Your 5 A Day Plan



It's easy to include quince in your 5 to 9 A Day meal plan. Try these great tips to enjoy this delicious fruit.

- Use quince when a recipe calls for pears or apples.
- Serve cooked quince in your fruit compotes.
- Add quinces to your baked goods.

Recipes

Quince Slices with Honey and Lime

Makes 4 servings

Each serving equals one 5 A Day serving

4 medium quinces, about 2 lbs

4 Tbsp honey

3 Tbsp lime juice

3 Tbsp water

Preheat oven to 300° F. Quarter and peel quinces. With a sharp knife, remove the entire core area and all the hard parts surrounding the core. Quarter the quince into 4 slices. Arrange slices overlapping in a baking dish. Drizzle honey over slices to coat. Sprinkle with lime juice and water, and cover with foil. Bake for 1 hour or until slices are soft and translucent. Remove the foil and increase oven temperature to 425°F. Bake for 10 minutes until syrup is slightly thickened and slices are golden.

Nutritional analysis per serving: calories 119, protein 1g, fat 0g, percent calories from fat 1%, cholesterol 0mg, carbohydrates 32g, fiber 2g, sodium 5mg

Baked Chicken with Quinces

Makes 4 servings

Each serving equals one 5 A Day serving

4 medium-sized quinces, approximately 2 lbs

1 cup apple juice

1 cup water

2 Tbsps light brown sugar

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ tsp salt

3 lbs chicken breast

1 Tbsp olive oil

2 tsp ground coriander

$\frac{1}{8}$ tsp white pepper

Quarter, peel, and core quinces. In a saucepan, combine quince slices, apple juice, and water. Bring to a simmer. Add brown sugar, and continue to simmer uncovered until liquid reduces to 1 cup (5 to 10 minutes).

Mix flour and salt, and dredge chicken. Pour oil into a large skillet, and lightly brown the chicken. Sprinkle chicken with coriander and pepper. Transfer to large baking dish.

Pour quince liquid over chicken. Add quinces, and cover. Bake for 15 minutes. Baste thoroughly. Continue to cook 15 minutes longer, basting chicken and quinces frequently until glazed.

Nutritional analysis per serving: calories 334, protein 43g, fat 5g, percent calories from fat 14%, cholesterol 105mg, carbohydrates 27g, fiber 2g, sodium 285mg

Quince and Cranberry Chutney

Makes 4 one-cup servings

Each serving equals two and a half 5 A Day servings

Source: Melissa's World Variety Produce

16 oz cranberries (frozen or fresh)
5 quinces, peeled
1 1/3 cup red bell pepper, chopped
1/3 cup firmly packed dark brown sugar
1 tsp dried red chili powder
1/2 tsp salt
1/3 tsp black pepper
2/3 cup currants
1/3 cup apple cider vinegar
1 1/3 Tbsps lemon zest
1 1/3 cup medium yellow onion

In a large saucepan, combine all ingredients (except onion) and simmer, stirring occasionally for 20 minutes. Add onion and simmer another 10 minutes, or until chutney is thick. Chutney may be made a couple days ahead and chilled covered. Serve chutney at room temperature.

Nutritional analysis per serving: calories 238, protein 2g, fat 1g, percent calories from fat 2%, cholesterol 0mg, carbohydrates 61g, fiber 10g, sodium 262mg

Mediterranean Chicken with Quince

Makes 4 servings

Each serving equals two 5 A Day Servings

2 quinces, peeled cored and thickly sliced
1 Tbsp lemon juice
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ tsp ground black pepper
1 (3.5-lb.) fresh whole chicken, cut up
3 Tbsps olive oil, divided
1 large onion, peeled and chopped
2 cloves garlic, peeled and chopped
1 can (14.5-oz.) diced Italian (Roma) tomatoes
 $\frac{1}{2}$ cup water
1 cinnamon stick
2 Tbsps chopped fresh mint

Place quince slices in a small bowl with a little water and lemon juice; set aside.

Mix together flour, salt, and pepper in a shallow pan. Lightly dredge chicken in flour mixture until evenly coated.

Heat a large skillet over medium-high heat. When hot, add oil, and brown chicken on all sides (about 7 minutes). Remove from pan and set aside. Drain quince, and pat dry with a paper towel. Place quince in skillet and brown on both sides. Lift out with a slotted spoon and set aside.

Add remaining olive oil and cook onion and garlic until soft but not brown. Return chicken to pan and stir in tomatoes. Break cinnamon stick in half and add to pan with water. Bring to a boil, cover, and reduce heat. Simmer gently for 20 minutes. Then add reserved quince. Cook for 15 more minutes. Then stir in the mint. Cook until thoroughly heated. Remove cinnamon before serving.

Nutritional analysis per serving: calories 434, protein 59g, fat 13g, percent calories from fat 28%, cholesterol 185mg, carbohydrates 18g, fiber 2g, sodium 394mg