



Fresh Figs: From Pizza to Jam, Here's How to Use Them

By Mary Margaret Chappell
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Fragrant fresh figs are a perfect late-summer treat. The juicy jewel-tone fruits go with just about everything—even pizza. Here are five simple, tasty recipes to make with fresh figs today.

Tip: Figs won't ripen once picked, so look for fruit that is plump, tender, and fully ripe. When choosing a carton of fresh figs, look beneath the top layer of fruit to make sure none are damp, bruised, or beginning to mold. Also check the bottom of the container for signs of weeping juices, indicating the fruit is past its prime. For more tips, check out our [guide](#).

Fig, Mushroom, and White Bean Pizza



Flatten 1 lb. oil-free whole wheat pizza dough ([homemade](#) or store-bought) into a 12-inch round; place on a parchment paper-lined baking sheet. Spread 1 cup no-salt-added tomato sauce over top. Sprinkle with 1 cup thinly sliced onion, then top with 4 oz. sliced fresh

mushrooms and 1 cup canned (rinsed and drained) or cooked cannellini beans. Arrange 6 to 8 quartered figs on top. Bake according to dough recipe or package directions. Top with 1 cup fresh arugula. Serve with lemon wedges. *Makes one 12-inch pizza*

Ginger-Fig Jam



In a medium saucepan combine 1 lb. chopped fresh figs, ½ cup water, 2 teaspoons lemon juice, and 1 teaspoon grated fresh ginger. Bring to boiling over medium; reduce heat. Simmer, uncovered, 15 to 20 minutes or until thick and jammy, lightly mashing halfway through cooking; let cool. Store in an airtight container in the refrigerator up to 1 week. *Makes 1 ⅔ cups*

Fig-Swirled Hummus



In a food processor combine 8 oz. trimmed fresh figs

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and 1 tablespoon water. Process until smooth. Spread 1½ cups [oil-free hummus](#) in a shallow bowl. Drop spoonfuls of the fig puree over top; use a wooden skewer or chopstick to swirl the puree into the hummus. If you like, top with chopped nuts and/or fresh herbs. *Makes 2½ cups*

nutritional yeast. Drizzle with balsamic vinegar. *Makes 1½ cups*

Maple-Roasted Figs



Preheat oven to 400°F. Trim and halve 1 lb. fresh figs. Arrange figs in a 2-quart baking dish. Drizzle with 2 tablespoons pure maple syrup. Bake 10 to 15 minutes or until figs have begun to release their juices. Add 2 tablespoons water to bottom of dish and stir to make a sauce. Serve warm or at room temperature over oatmeal, pancakes, nice cream, or rice pudding. *Makes 3 cups*

Fig and Endive Salad



Toss together 1 cup thinly sliced endive and 1 cup coarsely shredded apple. Top with 2 sliced fresh figs, 1 tablespoon chopped toasted walnuts, and 1 teaspoon