




CALIFORNIA DRIED FIG RECIPES

By Michelle Dudash, RDN

Visit www.CaliforniaFigs.com for more recipes and nutrition information.

Michelle Dudash, RDN, is a Cordon Bleu-certified chef, author of the best-selling cookbook *Clean Eating for Busy Families*, and creator of Dash Dinners meal spice kits.



CALIFORNIA FIG, GOAT CHEESE, AND ARUGULA TOSTADAS

PREP TIME: 10 minutes **COOKING TIME:** 20 minutes **MAKES:** 4 servings, 1 tostada each

Enjoy the salty-savory appetizer that you crave, but without any added sugar. With sweet and complex dried figs, bitter arugula, sweet port wine glaze, and earthy walnuts, these crunchy tostadas are perfect for lunch, as an appetizer, or as a light dinner (in that case, enjoy two!). For bite-size appetizers, serve on round tortilla chips. Each tostada packs in 9 g protein and 4 g fiber for under 300 calories.

INGREDIENTS

- 1 cup port wine
- 1/4 cup chopped walnuts
- 4 ounces garlic and herb soft goat cheese, softened to room at temperature
- 4 tostadas
- 2 cups packed arugula, chopped a few times through
- Cilantro sprigs
- Lime wedge
- Salt and freshly ground black pepper
- 8 California Dried Figs, stems removed and thinly sliced

Pour the port wine into a small saucepan. Simmer on medium heat until evaporated to 1/8 cup, about 20 minutes. It will thicken as it cools.

Toast the walnuts in a pan on medium heat until very fragrant, about 10 minutes, stirring or tossing frequently.

Bake the tostadas in a toaster oven until slightly golden and aromatic, about 2-3 minutes. Be watchful—they can overbrown quickly.

Gently spread the goat cheese on the tostadas, about 1 1/2 tablespoons each. Sprinkle on the walnuts, and then the arugula and cilantro sprigs. Spritz with a few drops of lime juice each. Sprinkle with salt and pepper. Top with figs. Drizzle with port wine syrup (you will have some leftover syrup remaining). Enjoy right away, while the tostada is crunchy.

Nutrition Facts (per serving): 299 calories, 14 g total fat (5 g saturated fat, 0 g trans fat), 256 mg sodium, 13 mg cholesterol, 21 g total carbohydrate (4 g fiber, 14 g total sugars, 0 g added sugars), 9 g protein, 10% DV iron, 8% DV calcium, 6% DV potassium, 0% DV Vitamin D. 7 g alcohol

(Analyzed using total of 1 pinch salt (1/16 tsp.), 3/4 c. cilantro, using only 3/4 of the total port syrup)

CALIFORNIA FIG ROTISSERIE CHICKEN SALAD



PREP TIME: 10 minutes **COOKING TIME:** 0 minutes **MAKES:** 8 servings, 1/2 cup each

Is there anything better than a hot, juicy rotisserie chicken? Yes. Rotisserie chicken salad with California Figs. There is so much flavor going on in this dish, with savory, juicy chicken pairing with sultry California Dried Figs, creating the ultimate umami bomb for tucking into slider buns, on crackers, or in croissants. With only six ingredients, this chicken salad is easy enough to whip up on a weekday, but impressive enough to serve at a luncheon. Figs take chicken salad to the next level.

For an added flavor boost, add 1 tablespoon of the cooked chicken juices to the salad. For an even fresher flavor, stir in your favorite fresh or dried herb, like dill, basil, or parsley.

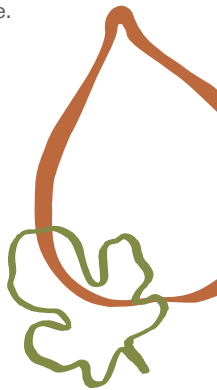
With just 9 g carbs and 17 g protein per serving, this sweet and savory chicken salad with 0 g added sugar is a crowd-pleaser.

INGREDIENTS

- 1 pound roasted rotisserie chicken (2 large breasts), skin removed, diced bite-size (3 1/2 cups)
- 12 California Dried Figs, stems removed and sliced crosswise, then halved
- 1/2 cup mayonnaise
- 1 celery stalk, diced
- 2 scallions, thinly sliced
- 1 teaspoon red wine vinegar
- Freshly ground black pepper
- 1/8 teaspoon salt (optional)

Stir all of the ingredients together in a large mixing bowl, including 1 tablespoon cooked chicken juices, if you have them. Chill covered until ready to eat.

Note: If you're preparing this for a party, you can prepare this one day in advance.



Nutrition Facts (per serving): 209 calories, 12 g total fat (2 g saturated fat, 0 g trans fat), 316 mg sodium, 55 mg cholesterol, 9 g total carbohydrate (1 g fiber, 6 g total sugars, 0 g added sugars), 17 g protein, 3% DV iron, 2% DV calcium, 5% DV potassium, 0% DV Vitamin D.



CALIFORNIA FIG, SPINACH, AND PARMESAN ORZO SALAD

PREP TIME: 20 minutes **COOKING TIME:** 15 **MAKES:** 10 servings, 1/2 cup each 

The balance of sweet, sour, and salty tastes comes through in this gorgeous salad. You might want to make a double batch and enjoy leftovers the next day, since hearty spinach stands up to the light vinaigrette. Since this salad is brimming with five different food groups, 4 g fiber, and 4 g protein per 1/2 cup, sometimes I double or triple my serving and call it a meal.

INGREDIENTS

- 1 cup dry whole-wheat orzo
- 3 tablespoons extra-virgin olive oil, divided
- 2 cups roughly chopped baby spinach
- 15 California Dried Figs, stems removed and diced
- 1 stalk celery, diced (about 1/2 cup)
- 1/4 cup no-shell pistachios, chopped once through
- 2 scallions, thinly sliced (about 1/4 cup)
- 1/2 cup shaved or thinly sliced Parmesan cheese
- Juice of 1 medium orange (about 3 tablespoons)
- 1 tablespoon sherry vinegar (or use red wine vinegar or apple cider vinegar)
- 1/4 teaspoon + 1/8 teaspoon salt
- Freshly ground black pepper

Fill a medium pot halfway with water and bring to a boil on high heat. Salt the water and stir in orzo. Boil until al dente, about 8 minutes or according to package directions. Drain in a fine colander and pour onto a large plate. Drizzle on 1 tablespoon oil, moving a spoon through the orzo to speed cooling.

In a medium bowl, toss together the cooled orzo, remaining 2 tablespoons of oil, spinach, figs, celery, pistachios, scallions, Parmesan cheese, orange juice, vinegar, salt, and pepper.

Enjoy immediately or chill until ready to serve, up to 2 days.

Note: Find orzo in the pasta section of the grocery store (or it may be in the Kosher or rice section). If whole-wheat orzo is unavailable, you can substitute with regular orzo, pearly couscous, barley, quinoa, or freekah cooked according to the package directions.

Nutrition Facts (per serving): 162 calories, 7 g total fat (1 g saturated fat, 0 g trans fat), 166 mg sodium, 3 mg cholesterol, 22 g total carbohydrate (4 g fiber, 8 g total sugars, 0 g added sugars), 4 g protein, 7% DV iron, 8% DV calcium, 4% DV potassium, 0% DV Vitamin D.

Vegan

CALIFORNIA FIG, TURMERIC, AND CUMIN CHICKPEA STEW



PREP TIME: 10 minutes **COOKING TIME:** 20 minutes **MAKES:** 4 servings, about 1 cup each

This comforting vegan stew recipe is balanced with creamy chickpeas, chewy and naturally sweet figs, and acidic tomatoes. The variety of spices contribute to a complex taste, while the coconut butter adds richness and creaminess to this plant-based stew. I love to enjoy this with quinoa cooked in vegetable broth. For more texture and flavor, sprinkle the stew with slivered almonds and chopped fresh herbs, like cilantro, mint, parsley, or basil, right before serving.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 cup onion, diced
- 1 garlic clove, smashed once with side of knife
- 1/2 cup carrots, sliced (use thin carrots, otherwise, cut into half-moon shapes)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- 1 (15-oz) can chickpeas, rinsed and drained (1 1/2 cups)
- 8 - 12 California Dried Figs*, stems removed and quartered
- 1 (10-14 oz)* can diced tomatoes with green chilies
- 1 cup vegetable broth
- 1/4 teaspoon salt
- Freshly ground black pepper
- 2 tablespoons coconut butter

Heat a large pot on medium heat and add the oil. When the oil begins to shimmer, add the onion, garlic, and carrots. Gently sauté until tender, about 6 minutes. Stir in the cumin, turmeric, and ginger, and cook until aromatic, about 30 seconds.

Add the chickpeas, figs, tomatoes, vegetable broth, salt, and pepper. Simmer until the flavors combine, about 10 minutes. Remove the garlic clove and stir in the coconut butter. Serve over cooked quinoa or brown rice.

Nutrition Facts (per serving): 268 calories, 13 g total fat (5 g saturated fat, 0 g trans fat), 709 mg sodium, 0 mg cholesterol, 34 g total carbohydrate (7 g fiber, 15 g total sugars, 0 g added sugars), 6 g protein, 8% DV iron, 6% DV calcium, 7% DV potassium, 0% DV Vitamin D.

*Analyzed using 8 figs and 10-oz can tomatoes.



3-INGREDIENT CALIFORNIA FIG JAM

PREP TIME: 10 minutes **COOKING TIME:** 40 minutes **MAKES:** 24 servings, 1 tablespoon each (1½ cups total)

I love the full-on figginess of this fig jam! Free of fillers, thickeners, and excessive sugar, you get to enjoy the naturally sweet and rich taste of figs with cheese or a charcuterie board, on a deli sandwich, or on toast with nut butter.

Each one-tablespoon serving is only 15 calories and has 0 grams added sugar. Since this jam is basically pure fruit, you can feel good about being generous with your portion.

INGREDIENTS

16 California Dried Figs, stems removed and diced (about 1 1/4 cups packed)
1 cup water
1 teaspoon honey
1/4 teaspoon ground cinnamon

Place the figs in a medium saucepan and cover with water. Bring to a simmer on medium heat, then reduce heat to low. Cover with lid, slightly ajar. Simmer until figs are softened and much of the water is absorbed, stirring occasionally, about 35 minutes.

Remove from heat. Stir in the honey and cinnamon. Using an immersion blender, blend the figs, section by section, until desired chunky consistency is reached.



Nutrition Facts (per serving): 15 calories, 0 g total fat (0 g saturated fat, 0 g trans fat), 0 mg sodium, 0 mg cholesterol, 4 g total carbohydrate (0 g fiber, 3 g total sugars, 0 g added sugars), 0 g protein, 0% DV iron, 0% DV calcium, 0% DV potassium, 0% DV Vitamin D.

CALIFORNIA FIG ORANGE CHEESECAKE BARS

with Gingersnap-Walnut Crust



PREP TIME: 45 minutes **COOKING TIME:** 45 minutes, plus chilling time **MAKES:** 16 bars, 1 each

This cheesecake offers new flavors at every level, from the crust up. Light cream cheese and Greek yogurt lightens the saturated fat and calorie load and is easier to enjoy, while leaving you light on your feet. The California Dried Figs layered in the middle are a pretty little surprise! Each one of these satisfying dessert bites packs in 6 grams protein and for under 200 calories.

INGREDIENTS

CRUST

- Cooking oil spray
- 1 3/4 cup gingersnaps (1 cup fine crumbs)
- 1/4 cup chopped walnuts
- 3/8 teaspoon salt
- 3 tablespoons oil, like avocado, canola, or melted virgin coconut oil

FILLING:

- 1 (8oz) package light (Neufchatel) cream cheese (softening needed if using a hand mixer)
- 2 (5.3oz) containers nonfat plain Greek yogurt (about 1 1/4 cup)
- 1/2 cup granulated raw sugar (evaporated cane juice)
- 3 large eggs
- 3 tablespoons unbleached all-purpose flour
- 1 large orange, zest the rind, juice the pulp
- 15 California Dried Figs, stems removed and sliced, halving the largest slices

The day before, or 2 hours before preparing, strain the yogurt. To do so: Place a fine strainer on top of a bowl. Spoon the yogurt into the strainer. Cover and refrigerate. When ready to use, simply discard the liquid at the bottom of the bowl.

Preheat oven to 350 degrees F and coat a 9 x 9-inch pan with cooking oil spray.

To make the crust: Whir the gingersnaps in a food processor until they nearly reach the consistency of fine crumbs. Add the walnuts and salt and pulse until fine. With the motor running, drizzle in the oil and sprinkle in the salt and mix until blended completely. Spread crumbs evenly into the pan, with just a slight edge up the sides. Press crumbs firmly. Bake for 9-11 minutes until fragrant, surface appears dry, and begins to pull away from sides of pan.

To make the filling: Beat the cream cheese with a mixer until smooth. Add yogurt and sugar and beat until smooth. Whisk in the eggs one at a time until incorporated completely. Add flour, orange zest, and juice.

Pour about 1 cup of the filling evenly over the crust, spreading with a spatula. Sprinkle with an even layer of figs. Pour the remaining filling evenly over the figs and gently spread. Bake 10 minutes. Reduce heat to 325 degrees F and bake for an additional 30 minutes until only the center jiggles when shaken gently.

Place the pan on a cooling rack and allow it to reach room temperature; then chill for at least 4 hours or up to 3 days. Cut into 16 bars.

Nutrition Facts (per serving): 188 calories, 9 g total fat (3 g saturated fat, 0 g trans fat), 129 mg sodium, 46 mg cholesterol, 22 g total carbohydrate (1 g fiber, 13 g total sugars, 6 g added sugars), 6 g protein, 5% DV iron, 5% DV calcium, 3% DV potassium, 1% DV Vitamin D.

CALIFORNIA FRESH FIG RECIPES

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BURRATA CHEESE WITH CALIFORNIA FRESH FIG PRESERVES



PREP TIME: 10 minutes **COOKING TIME:** 10 minutes **MAKES:** 4 servings

My friends and I absolutely devoured this easy but impressive fresh fig appetizer featuring burrata cheese, and I think yours will too. Find burrata cheese in tubs of liquid, with either one large or two medium balls per container. Be sure to check the sell by date, because the fresher, the oozy, the better when it comes to mozzarella burrata.

INGREDIENTS

FRESH FIG PRESERVES:

- 6 California Fresh Figs, stems trimmed
- 1 cup 100% pomegranate juice
- 1 tablespoon balsamic vinegar
- Pinch of salt

BURRATA CHEESE PLATTER:

- 1 (8-ounce) container burrata cheese
- Toasted or grilled baguette slices or good crackers
- Roasted no-shell pumpkin seeds (about 2 tablespoons)
- Extra-virgin olive oil (about 1 tablespoon)
- Tiny fresh thyme sprigs, detached from the main stem
- Flaked sea salt
- Freshly cracked pepper
- Optional: 6-8 California Fresh and/or Dried Figs

To make the fig preserves: Place the figs, pomegranate juice, balsamic vinegar, and salt in a medium saucepan. Heat on medium heat. When the liquid begins to bubble lightly, reduce heat to medium-low, and simmer until the figs are fork tender, about 5 minutes. Gently remove the figs from the pan with a slotted spoon or “spider web,” transferring to a plate to cool. Continue to simmer the liquid and reduce to two-thirds or about 1/4 cup until thickened into a syrup, skimming off any “scum” that rises to the top with a spoon.

When ready to serve, or when the figs are cool enough to handle, quarter the figs.

To assemble the burrata cheese platter: Carefully transfer the cheese to the platter using a large spoon and your fingers. Blot off any excess liquid. Arrange the figs, bread or crackers, and pumpkin seeds on the platter. Sprinkle pumpkin seeds in the open spaces. Cut a large slit across the burrata cheese and open it up to reveal the creamy center. Drizzle with olive oil and the fig-pomegranate syrup. Sprinkle with thyme sprigs, flaked sea salt, and pepper. Garnish with additional California Fresh or Dried Figs.

Nutrition Facts (per serving): 308 calories, 20 g total fat (9 g saturated fat, 0 g trans fat), 265 mg sodium, 0 mg cholesterol, 24 g total carbohydrate (2 g fiber), 9 g protein, 5% DV iron, 8% DV calcium, 0% DV Vitamin D, 9% DV potassium.



CALIFORNIA FRESH FIG SALAD

with Spinach, Cannellini Beans,
and Fig Vinaigrette

PREP TIME: 20 minutes **COOKING TIME:** 0 minutes **MAKES:** 1 serving salad and 8 servings vinaigrette

This sweet and tart vinaigrette makes 1 cup, so toss with the appropriate amount of salad for each sitting.

INGREDIENTS

VINAIGRETTE:

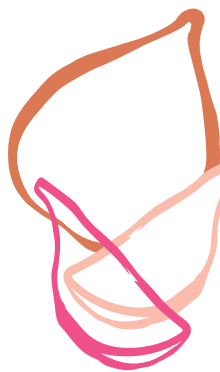
- 4 California Fresh Figs
- 1/4 cup red wine vinegar
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/8 teaspoon dried basil
- Pinch of salt and pepper

SALAD:

- 2-3 California Fresh Figs, cut into bite-size pieces
- 2 cups lightly packed baby spinach
- 1/3 cup canned white beans, rinsed and drained
- 2 tablespoons roasted almonds or pistachios, coarsely chopped or sliced
- 1/2 scallion, thinly sliced
- Pinch of salt and pepper
- Optional: 3-5 California Dried Figs, cut into bite-size pieces

To make the vinaigrette: Puree all of the vinaigrette ingredients and 2 tablespoons water in a blender until smooth.

To make the salad: Place all of the salad ingredients into a mixing bowl. Drizzle with 2 tablespoons vinaigrette. Toss, coating the salad evenly.



Nutrition Facts (per serving): 390 calories, 16 g total fat (2 g saturated fat, 0 g trans fat), 515 mg sodium, 0 mg cholesterol, 54 g total carbohydrate (11 g fiber), 13 g protein, 31% DV iron, 17% DV calcium, 0% DV Vitamin D, 26% DV potassium.

ROASTED PORK TENDERLOIN WITH CALIFORNIA FRESH FIGS



PREP TIME: 25 minutes **COOKING TIME:** 22 minutes **MAKES:** 4 servings

This dish has crazy-good meaty pork flavor, while the figs intensify their sweet wine-like flavor.

INGREDIENTS

PORK:

- 1 pork tenderloin (about 1 pound)
- 1 tablespoon sherry vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped rosemary
- 1-2 garlic cloves, chopped
- 1/4 teaspoon salt
- Freshly ground black pepper
- Flaked sea salt (optional)

FIGS:

- 1 pound California Fresh Figs, stems trimmed and halved
- 1/2 onion, cut in half
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sherry vinegar
- 1/8 teaspoon salt
- Freshly ground black pepper
- 3 rosemary sprigs

Preheat oven to 350 degrees F. Line a sheet pan with parchment paper or silicon baking mat.

Place the pork on the sheet pan. Combine the vinegar, oil, Dijon, rosemary, and garlic. Pour the vinegar mixture over the pork.

Place the figs and onion on the pan in a single layer. Drizzle with oil and vinegar and sprinkle with salt and pepper. Place the rosemary sprigs on top. Place the pan in the oven and roast until the pork is cooked through, or until 145 degrees F in the center, just until rosy pink in the center. Push the pork and fig juice over to the onions and toss to coat.

Sprinkle the figs and onions with a couple crumbled pinches of the roasted rosemary. Slice the pork at an angle. Serve with figs and flaked sea salt for the pork.

Nutrition Facts (per serving): 286 calories, 13 g total fat (2 g saturated fat), 0 g trans fat, 287 mg sodium, 48 mg cholesterol, 26 g total carbohydrate (4 g fiber), 19 g protein, 7% DV iron, 4% DV calcium, 2% DV Vitamin D, 13% DV potassium.





PAN ROASTED SALMON WITH CALIFORNIA FRESH FIGS

PREP TIME: 15 minutes **COOKING TIME:** 15 minutes **MAKES:** 2 servings

Skin-on salmon crisps up deliciously in this dish. Just be sure to remove the scales before cooking. Otherwise, trim the salmon before seasoning. Chicken bone broth can be prepared homemade or you can now easily find cartons in stores.

INGREDIENTS

- 2 salmon fillet portions (about 1 pound)
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- Freshly ground black pepper
- 2 teaspoons avocado oil or canola oil
- 2 teaspoons thinly sliced shallots or red onion
- 8 California Fresh Figs, halved
- 3 thyme sprigs
- 1/2 cup chicken bone broth
- 1 tablespoon + 1 teaspoon balsamic vinegar
- 1 1/2 teaspoons cold butter

Season the skinless sides of the salmon with salt, garlic powder, and pepper. Heat a large sauté pan on medium-high heat and add the oil. When the oil begins to shimmer, place salmon in the pan, skin sides down. Tilt the pan slightly to evenly coat the bottom of the fish with oil, gently pressing down on the centers. Reduce heat to medium and brown the salmon on one side and opaque almost halfway through, about 5 minutes. If the salmon is 1-inch or thicker, cover the salmon loosely with a lid or foil to cook the middle faster. Turn and cook through, about 5 minutes. Transfer salmon to a plate.

Return pan to medium-low heat. Gently sauté the shallots until translucent, about 1 minute. Add the figs in a single layer and the thyme. Add the broth and simmer to evaporate it by half to thicken. Remove the thyme. Turn off the heat and swirl in the balsamic and butter.

Serve the salmon with the figs and sauce.

Nutrition Facts (per serving): 534 calories, 20 g total fat (6 g saturated fat, 0 g trans fat), 358 mg sodium, 114 mg cholesterol, 41 g total carbohydrate (6 g fiber), 47 g protein, 9% DV iron, 7% DV calcium, 230% DV Vitamin D, 27% DV potassium.

ROASTED CALIFORNIA FRESH FIGS

with Butternut Squash



PREP TIME: 25 minutes **COOKING TIME:** 30 minutes **MAKES:** 64 servings

INGREDIENTS

- 1 small butternut squash (about 1 1/2- 2 pounds, or 5 cups when diced)
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- Freshly ground black pepper
- 15 California Fresh Figs (about 1 pound)
- 2 shallots, thickly sliced

Preheat oven to 450 degrees F, convection setting. Line a large sheet pan with parchment paper.

Poke the squash all over with a fork and microwave 2 minutes for easier peeling. Cut off the stem and peel the skin. Cut the squash in half lengthwise and scoop out the seeds and stringy pulp. Cut the squash into bite-size pieces and place on the pan, leaving 1/4 of the pan open for adding the figs later. Drizzle with oil and sprinkle with cumin, salt, and pepper. Toss with a spatula or hands to coat evenly. Bake 15 minutes. Remove from oven and add the figs and shallots to the reserved area of the pan. Bake until squash is caramelized and fork-tender, and until the figs begin to ooze juice, about 15-20 minutes.

Note: In place of ground cumin, you may substitute with 1/2 teaspoon cumin seeds.



Nutrition Facts (per serving): 140 calories, 3 g total fat (0 g saturated fat, 0 g trans fat), 104 mg sodium, 0 mg cholesterol, 31 g total carbohydrate (5 g fiber), 2 g protein, 7% DV iron, 7% DV calcium, 0% DV Vitamin D, 13% DV potassium.



OLIVE OIL LEMON CAKE WITH CALIFORNIA FRESH FIGS

PREP TIME: 25 minutes **COOKING TIME:** 50-60 minutes **MAKES:** 16 servings

This lovely cake is delicious for dessert, brunch, or breakfast! The figs' juices combine with the cake batter, creating a custard-like layer on top, after you flip the cake.

INGREDIENTS

- 12 California Fresh Figs, sliced (about 3/4 pounds)
- 3 large eggs
- 2 cups sugar
- 1 1/4 cups milk
- 1 cup extra-virgin olive oil
- 1 lemon, zest finely grated, then juice the fruit into 1/4 cup
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

Preheat oven to 350 degrees F. Place baking pan filled with water on the bottom shelf of the oven. (This water bath prevents the cake from drying out while baking.) Coat a 10-inch cake pan on the bottom and sides with cooking oil spray. Cut out a parchment paper circle and fit into the bottom of the pan. Coat the top of the parchment paper with the oil spray.

Arrange the figs in the pan in a circular pattern, overlapping slightly in a single layer.

In a large bowl, combine the flours, baking soda, baking powder, and salt.

In another mixing bowl, whisk the eggs and sugar. Add the milk, oil, and lemon zest and juice.

Use a rubber spatula to create a well, or indentation, in the dry ingredients. Pour about 1/3 of the liquid mixture into the well. Use a rubber spatula to begin mixing wet and dry ingredients. When the liquid is almost completely mixed, add 1/3 more liquid and mix; repeat with the final 1/3 of the liquid. Mix until the batter comes together evenly. It may be slightly lumpy.

Slowly pour the batter into the pan, so as not to disrupt the fig pattern, and bake 30 minutes. Rotate pan and bake until the cake sets in the center, about 20-30 minutes. Cool.

Run a knife around the sides of the pan. Place a plate on top of the pan and holding them both together, flip it. Remove the pan and carefully pull off the parchment paper. Cut into pieces.

Nutrition Facts (per serving): 308 calories, 15 g total fat (2 g saturated fat, 0 g trans fat), 112 mg sodium, 34 mg cholesterol, 41 g total carbohydrate (2 g fiber), 3 g protein, 5% DV iron, 4% DV calcium, 8% DV Vitamin D, 2% DV potassium.