

Peaches



Key Points

- ▶ Good source of vitamin C. Contain carotenoids and flavonoids that may be good for health.
- ▶ Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid peaches with blemishes.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Ripen on the counter first, then store in the refrigerator up to seven days.

Peach Cobbler

Number of servings: 4

Ingredients:

Nonstick cooking spray
3 peaches, skinned, pitted, and sliced, reserving juice
2 teaspoons cornstarch
2 tablespoons cold water
1 cup reduced-fat biscuit mix
2 tablespoons brown sugar, packed
½ teaspoon ground cinnamon
6 tablespoons skim milk
2 tablespoons vegetable oil
½ teaspoon vanilla extract

Directions:

- ▶ Heat oven to 400°F. Spray a square baking dish with cooking spray. Layer peaches on bottom of dish.
- ▶ In a small bowl, dissolve cornstarch in cold water and juice from peaches. Pour over peaches.
- ▶ In a medium bowl, combine biscuit mix, sugar, and cinnamon. Add milk, vegetable oil, and vanilla. Stir to make a soft, sticky dough.
- ▶ Drop dough by teaspoons on top of peaches.
- ▶ Bake at 400°F for 20 minutes until bubbly and baking mix is brown.

Per serving: 253 calories; 9 g fat (1 g saturated fat); 4 g protein; 41 g carbohydrate; 2 g dietary fiber; trace cholesterol; 397 mg sodium.

Peach Spinach Salad

Number of servings: 4

Ingredients:

¾ cup pecans
2 peaches, peeled and sliced into bite-size pieces
4 cups spinach leaves, rinsed and dried
¼ cup poppy seed salad dressing

Directions:

- ▶ Heat oven to 350°F. Arrange pecans on a single layer on a baking sheet and roast in heated oven for 7-10 minutes, until they just begin to darken. Remove from oven and set aside.
- ▶ Combine peaches, spinach, and roasted pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing if necessary.

Per serving: 165 calories; 14 g fat (1 g saturated fat); 3 g protein; 11 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 24 mg sodium.

Quick Tips

- ▶ Add an extra flavor surge to your tea or lemonade. Just muddle fresh peaches in the bottom of a glass before pouring.
- ▶ Depending on their age, children can help clean and cut up peaches for meals and snacks.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Toss fresh peaches into a blender with some low-fat yogurt (or milk), bananas, and ice. Then blend away for a delicious smoothie.

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