

Nectarines



Key Points

- ▶ Good source of vitamin C.
- ▶ Choose firm nectarines with smooth skin.
- ▶ 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.

Nectarine Salsa

Number of servings: 4

Ingredients:

4 nectarines, pitted and chopped
½ red onion, finely chopped
½ cup balsamic vinegar
2 teaspoons white sugar
1 teaspoon dried cilantro
Freshly ground black pepper to taste

Directions:

- ▶ In a medium bowl, mix the nectarines, onion, vinegar, sugar, cilantro, and pepper. Allow to sit 5 minutes.
- ▶ In a skillet over medium heat, cook and stir the nectarine mixture 10 minutes, until the onion and nectarines are tender and lightly browned.
- ▶ Serve on grilled chicken or pork.

Per serving: 79 calories; 1 g fat (trace saturated fat); 2 g protein; 20 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 1 mg sodium.

Summer Fruit Salad

Number of servings: 4

Ingredients:

6 cups mixed fruit such as watermelon, peaches, nectarines, plums, blueberries or grapes, cut into bite-size pieces
½ cup coconut flakes
1 teaspoon ground cinnamon
½ cup nondairy light whipped topping

Directions:

- ▶ Gently toss the fruit together in a large bowl.
- ▶ Sprinkle coconut flakes and cinnamon over the fruit mixture and lightly stir to mix.
- ▶ Cover the bowl with plastic wrap and chill in refrigerator at least 1 hour before serving.
- ▶ Top with whipped topping to serve, if desired.

Per serving: 216 calories; 2 g fat (1 g saturated fat); 3 g protein; 49 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 21 mg sodium.

Quick Tips

- ▶ Whether you pick nectarines straight from the tree or from your farmers market, you can't beat just biting into this sweet, juicy summertime favorite.
- ▶ Use sliced nectarines to add color to your child's meal or snack.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Add fresh nectarine slices to cold or hot cereals, pancakes, and waffles.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



Virginia Tech • Virginia State University

Produced by the Office of Communications and Marketing in the College of Agriculture and Life Sciences.

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.