

PEACHES



TRY THIS

- Grill halved peaches on the barbeque for a few minutes a side and serve.
- Sauté diced peaches to top pancakes, waffles, oatmeal, or yogurt.
- Add fresh peach puree to iced tea or sparkling water for a refreshing summer drink.

BUYING AND STORING

- Select peaches that feel heavy for their size, are creamy white or deep yellow around the stem, smell sweet, and give slightly to pressure.
- Store fresh peaches in a single layer at room temperature. To slow the ripening process, store in the refrigerator for up to five days.
- Wash all fresh fruits and vegetables before using.

EASY PEACH SALSA

Total Time: 45 minutes | Makes: 10 servings | Serving Size: ¼ cup

Nutrition Information Per Serving: Calories 19, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 61mg

INGREDIENTS

2 medium peaches or nectarines, chopped, or one 15-ounce can of peaches in 100% fruit juice, drained, rinsed, and chopped

½ cup red onion, finely diced

1 small tomato, chopped

1 medium jalapeño, seeds and ribs removed, chopped

2 tablespoons cilantro, chopped

½ teaspoon ground cumin

½ teaspoon garlic powder

¼ teaspoon kosher salt

Juice of one lime or lemon

INSTRUCTIONS

1. Prepare fruits and vegetables. Tip: wear gloves when preparing jalapeño.
2. Place all ingredients in a medium bowl and mix gently.
3. For best taste, chill 30–60 minutes before serving.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Swap a peach or nectarine for a plum.
- Add chopped apples and serve on grilled pork, chicken, or fish.
- Make a wrap. Add shredded chicken and chopped lettuce and roll up in flour tortillas.

