



The Peach!

~Symbol of Longevity and Imortality~

This fuzzy red and golden skinned fruit orginated in China over 2500 years ago. Now it is as much of an American summer as watermelon, corn on the cob, and lemonade.

How many ways can you enjoy your peachy summer?

Peach and Avocado Salsa

2 - 3 fresh peaches, peeled and diced

1 avocado, diced

½ cup diced jicama

2 tomatoes, diced

1 - 2 tablespoons minced red onion

1 tablespoon fresh lime juice

1 teaspoon olive oil

Pinch of salt

Combine all ingredients in a medium bowl. Cover and chill until ready to serve.

Yield: 3 cups

Unlike most fruit, peaches are full of calcium. What a tasty way to get this needed mineral!

Spicy Peach-Kiwi-Strawberry Salsa

1 ripe peach, peeled and diced

1 kiwi, peeled and diced

4-5 strawberries, hulled and diced

1 jalapeno pepper, seeded and minced

1 tablespoon lime juice

1 green onion, chopped

¼ cup chopped cilantro

Pinch of salt

Combine all ingredients in a medium bowl. Stir gently to combine.

Yield: 4 servings

Peachy Nutty Spinach Salad

¾ cup pecans

2 ripe peaches, peeled and cubed

4 - 5 cups spinach, rinsed and dried

¼ to ½ cup light or low-fat poppy seed dressing

Roast pecans in a 350° oven for 10 minutes. Let cool. Combine cubed peaches, spinach, and pecans in a large bowl. Toss lightly with poppy seed dressing. Serve immediately.

Yield: 4 servings

There are 2 categories of peaches - cling and freestone.

Cling peaches have a stone that clings to the flesh of the peach. Freestone peaches have a stone that easily pulls away from the fruit. Most peaches sold in the store or at a fruit stand are freestone.

Peachy Chicken Salad

3 fresh peaches, peeled and cubed
2 cups cubed, cooked chicken
1 medium cucumber, seeded and diced
1 red bell pepper, diced
¼ cup diced red onion
1 small head romaine lettuce, washed, dried,
and torn into bite sized pieces

¼ cup red wine vinegar
1 tablespoon lemon juice
2 tablespoons sugar
2 tablespoons finely minced fresh mint
Salt and pepper to taste

In a large bowl, combine peaches, chicken, cucumber, bell pepper, onion and lettuce. Whisk remaining ingredients together and pour over salad mixture.

Yield: 4 servings

Peach and Mango Smoothie

1 peach, sliced
1 mango, peeled and diced

½ cup milk or vanilla soy milk
½ cup orange juice

Combine all ingredients in a blender. Cover and blend on high speed until smooth.

Yield: 2 servings.

Fresh Peach Crisp

6 -7 medium peaches, peeled and cut in bite
sized pieces
½ cup oats
¼ cup brown sugar

¼ cup whole wheat flour
2 tablespoons canola oil
1 teaspoon cinnamon

Preheat oven to 350°. Spray 9x9 pan with cooking spray and place peaches on bottom of pan. Combine remaining ingredients in a small bowl. Mix well and sprinkle evenly over peaches. Bake, uncovered, for 40 minutes or until peaches are soft and tender and top is crisp.

~How to pick a fresh peach~

- Look for plump, fragrant fruit that gives a little with pressure and that has no bruises.
- Look at a peach's golden background color to help determine ripeness. The red blush on the skin has nothing to do with ripeness so you want to make sure the background color is golden and contains no green.
- Trust your nose! A ripe peach smells ripe.
- A peach will continue to ripen once it is picked unless it was picked when it was too immature. An immature peach will never ripen. It will get soft but it will just not taste like a peach.
- Place an unripe peach in a paper bag to get it ripen faster.
- Once ripe, it can be stored on the counter for a few days or in the fridge for about a week.

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