

Peaches

Good source of Vitamin C



Spinach Salad with Peaches

- ¾ cup pecans
- 2 ripe peaches
- 4 cups baby spinach, rinsed and dried
- ¼ cup poppyseed dressing

Preheat oven to 350°F. Arrange pecans on a single layer on a baking sheet and roast in preheated oven for 7-10 minutes, until they just begin to darken. Remove from oven and set aside. Peel peaches (if desired) and slice into bite-sized segments. Combine peaches, spinach and pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing, if necessary.

Peach and Blackberry Slaw

- ¼ cup white wine vinegar
- ¼ cup olive oil
- 1 T. snipped fresh chives, basil and/or tarragon
- 1 tsp. sugar
- Coarse salt and black pepper

- 1 small head cabbage
- 3 fresh peach or nectarines
- ½ pint blackberries, raspberries, and/or blueberries
- 2 oz. blue or feta cheese, coarsely crumbled (optional)

For the dressing, in a small bowl whisk together vinegar, oil, the 1 tablespoon fresh herbs, and the sugar. Season to taste with salt and pepper; set aside. Shred cabbage and place in a large bowl. Halve, pit, and thinly slice peaches; add to bowl with cabbage. Gently toss to combine. Drizzle with about half of the dressing; toss to coat. Top with berries. If desired, top with cheese and snipped herbs.

Basil-Peach Chicken Breasts

- 4 skinned and boned chicken breasts
- 1 ¼ tsp. kosher salt
- ½ tsp. black pepper
- 2 T. canola oil
- 1 shallot or green onion, thinly sliced
- 1 tsp. freshly grated ginger

- 2 garlic cloves, minced
- 12 fresh basil leaves, finely chopped
- 1 cup reduced-sodium, fat-free chicken broth
- 4 large peaches, peeled and cut into ¼-inch-thick slices

Preheat oven to 350°F. Season chicken on both sides with salt and pepper. Cook chicken in hot oil in a large ovenproof skillet over medium-high heat 2 minutes on each side or until browned. Remove chicken from skillet, reserving drippings in skillet. Reduce heat to medium. Add shallot to hot drippings in skillet and sauté 3 minutes or until tender. Add ginger and garlic; sauté 45 to 60 seconds or until fragrant. Add basil, chicken broth, and peaches. Return chicken to skillet, and turn to coat. Bake at 350°F for 15 minutes or until chicken is done. Makes 4 servings.

Grilled Peaches

3 tablespoons white sugar
¾ cup balsamic vinegar
2 teaspoons freshly ground black peppercorns

2 large fresh peaches with peel, halved and pitted
2 ½ ounces blue or feta cheese, crumbled

In a saucepan over medium heat, stir together the white sugar, balsamic vinegar, and pepper. Simmer until liquid has reduced by one half. It should become slightly thicker. Remove from heat, and set aside. Preheat grill for medium-high heat. Lightly oil the grill grate. Place peaches on the prepared grill, cut side down. Cook for about 5 minutes, or until the flesh is caramelized. Turn peaches over. Brush the top sides with the balsamic glaze, and cook for another 2 to 3 minutes. Transfer the peach halves to individual serving dishes, and drizzle with remaining glaze. Sprinkle with crumbled blue cheese.

Peach Avocado Salsa

2 fresh peaches - peeled, pitted, and diced
1 jalapeno pepper, seeded and minced
½ red onion, minced
½ red bell pepper, minced
¼ cup chopped fresh cilantro, or to taste

2 cloves garlic, grated
½ lime, juiced
½ lemon, juiced
Salt and ground black pepper to taste
1 avocado - peeled, pitted, and diced

Gently mix peaches, jalapeno pepper, red onion, red bell pepper, cilantro, garlic, lime juice, and lemon juice in a bowl; season with salt and black pepper. Cover bowl with plastic wrap and refrigerate at least 30 minutes. Fold avocado into the salsa to serve.

Fresh Peach Pancakes

1 ¼ cups sifted self-rising flour
½ tsp. baking soda
1 T. sugar
1 egg

1 ¼ cups buttermilk
3 T. melted butter or margarine
2 medium ripe peaches, peeled, pitted and finely chopped

Combine dry ingredients. Beat wet ingredients and mix with flour mixture. Add peaches to pancake mix. Batter will be lumpy. Heat pan and add a little oil. When bubbles appear on surface of pancakes, turn over with spatula. When bottom is brown, your pancakes are ready to eat. Makes 10 pancakes.

Peach Pops

2 cups fresh peach slices, or partially thawed frozen
¼ cup sugar

1 1/3 cups unsweetend pineapple juice
1 T. lemon juice

Toss together peaches and sugar in a small bowl. Cover mixture, and chill 10 minutes. Process peach mixture and juices in a blender until smooth. Pour into 14 (1/4 cup) plastic pop molds. Insert pop sticks; freeze at least 4 hours. Makes 14 servings.

Peach Snowcaps

4 canned juice-packed peach halves
2 large egg whites
¼ tsp. almond extract

1/8 tsp. cream of tartar
2 T. sugar
2 T. slivered almonds

Preheat oven to 325°F. Spray baking sheet with cooking spray. Dry peach halves with paper towels to assure that meringue will adhere. Place cut side down on prepared baking sheet. In small bowl, beat egg whites, almond extract and cream of tartar with electric mixer at medium speed until foamy. Increase speed to high and gradually beat in sugar until stiff peaks form, scraping bowl occasionally. Spoon meringue over each peach half, covering completely. Stud each peach half with slivered almonds. Bake 15-20 minutes or until meringue is browned. Let stand 5 minutes before serving. Make 4 servings.