

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.

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