

*A simple guide to*

# PEACHES



Yellow peaches have firm flesh that is better for baking



White peaches are sweeter & less acidic in taste

## In Season



## How To Select



Choose peaches that have some give when gently squeezed. Look for vibrant colors of yellow, orange & pink.



Avoid peaches with green spots.

## How To Store

- When ripe, refrigerate peaches up to 5 days.
- When unripe, store peaches on the counter stem-side down to speed up the ripening process.

## How to Prepare

### Fresh

- Make a cut all the way to the pit & rotate it around the peach. Gently twist both halves & pull to break in halves. Carefully remove the pit with a knife or a spoon. Slice into wedges.
- Use a vegetable peeler to remove the skin if you prefer peaches without fuzz.
- Add sliced or diced peaches to a salad, salsa, or oatmeal.

### Baked



- Preheat oven to 375°F. Spray an oven-safe dish with non-stick spray. Place sliced peaches in dish flesh side up. Brush lightly with melted butter & sprinkle with cinnamon. Bake 10-12 minutes & serve with non-fat vanilla Greek yogurt.

# SWEET SUMMER PEACH SALSA

## Ingredients:

- 1 1/2 lbs tomatoes, diced
- 2 bell peppers, diced (any color)
- 2 jalapeños, finely diced
- 1 medium onion, diced
- 1 lb peaches, pitted & diced
- 1/4 cup minced fresh cilantro
- 1 lime, juiced
- 1/4 tsp pepper

## Preparation:

1. In a large bowl, add tomatoes, peppers, onion & peaches. Mix well.
2. Add cilantro, lime juice & pepper. Toss to combine.
3. Serve immediately. For a more intense flavor, refrigerate salsa 1-2 hours before serving.

## Tip:

Peaches make a great topping on pancakes, french toast & yogurt parfaits!

20 Min | Serves 8

### Nutrition Facts

8 servings per recipe	
<b>Serving size</b>	(206g)
<b>Amount per serving</b>	<b>50</b>
<b>Calories</b>	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 420mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



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