



# PEACHES

## IN SEASON

June - August

## HOW TO SELECT

Choose peaches that are plump, fragrant & give a little with pressure. Trust your nose—a ripe peach smells sweet!

## HOW TO STORE

Store unripe peaches in a closed paper bag on the counter. They should ripen within a couple of days. When ripe, store at room temperature up to 1-2 days or in the fridge up to 1 week.

## HELPFUL TIP

Use peaches in a variety of ways: fresh, grilled, frozen, baked or diced! Eat peaches at room temperature for sweeter flavor.

# PEACHY PECAN SPINACH SALAD

PEACHES



## Nutrition Facts

Serving size: 1/4<sup>th</sup> recipe (153g)  
Servings Per Recipe 4



Amount Per Serving

Calories 230 Calories from Fat 180

% Daily Value

Total Fat 20g 30%

Saturated Fat 2g 10%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 15%

Sugars 8g

Protein 3g

Vitamin A 60% Vitamin C 30%

Calcium 4% Iron 8%

10 MIN | SERVES 4

## INGREDIENTS:

- 4 cups baby spinach
- 2 **PEACHES**, wedged
- 1/2 cup pecans
- 1 lemon, juiced
- 2 Tbsp olive oil
- 1/4 tsp pepper
- 1/2 cup shredded parmesan cheese

## PREPARATION:

1. In a large bowl, add spinach, peaches & pecans. Mix well.
2. In a small bowl, combine lemon juice, oil & pepper. Mix well.
3. Stir in dressing with salad. Mix well.
4. Top with cheese & serve immediately. For a more intense flavor, refrigerate 1-2 hours before serving.