



Foods of the Month Newsletter

AUGUST: STONE FRUITS

Stone Fruits are yummy, fleshy, fiber-rich fruits with a hard "stone" center, thus their name! They are packed with vitamins A and C, as well as potassium, fiber, and water! Available year round, try to find stone fruits in your supermarket, farmer's market, or orchard this time of year for optimal freshness!

CHECK OUT THE VARIETIES OF HEALTHY STONE FRUITS DESCRIBED BELOW!

	<p>The peach is a member of the rose family. It was first cultivated in China and revered as a symbol of longevity. The image was placed on pottery. When selecting fresh peaches, look for ones that are soft to the touch, blemish free, and have a fragrant smell. When selecting can peaches, choose those labeled "packed in its own juice" and "no added sugar." Peaches are fat free, sodium free and high in vitamins A and C. Unless a recipe calls for it, you never need to peel the fruits; in fact, many of the nutrients found in stone fruits are contained in the peel, and it's highly recommended that the peel be consumed along with the flesh. (Adapted from: http://www.cdc.gov/nccdphp/dnpa/5aday/month/peach.htm)</p>
	<p>There are more than 140 varieties of plum sold in the United States. Its flavors vary from extremely sweet to quite tart. Most plums sold are either Japanese or European varieties. Plums stimulate the bowel movement. Its skin contains a substance that is responsible for that effect so if you peel the fruit you won't be bothered with the well-known side effects. Plums are a very good source of vitamins C, A, and K. Sliced plums add a unique flavor when added to grilled or broiled fish. (Adapted from: http://www.cdc.gov/nccdphp/dnpa/5aday/month/plum.htm)</p>
	<p>In Latin, apricot means "precious," a label earned because it ripens earlier than other summer fruits. The nutrients in dried apricots are more concentrated in dried than in fresh apricots. Look for plump apricots with as much golden orange color as possible. Stay clear of fruit that is pale yellow, greenish-yellow, very firm, shriveled, or bruised. Apricots that are soft-ripe have the best flavor, but they must be eaten immediately. (Adapted from: http://www.cdc.gov/nccdphp/dnpa/5aday/month/apricot.htm)</p>
	<p>There are two main types of cherries: sweet and sour. Sour cherries are lower in calories and higher in vitamin C and beta carotene than sweet cherries. Poached cherries make an excellent topping for low fat ice cream or low fat frozen yogurt. Dried cherries add sweetness to oatmeal or trail mix. Cherries are a good source of fiber and vitamin C. (Adapted from: http://www.cdc.gov/nccdphp/dnpa/5aday/month/cherry.htm)</p>



Stone Fruits Tips

- Slice peaches, apricots, or plums and add them to your favorite whole grain cereal.
- Take a peach or a can of light canned peaches, apricots, plums, or cherries to work or school for a light snack.
- Mix together peaches, apricots, plums, or cherries and low-fat Greek yogurt or low-fat cottage cheese, then spread the mixture on a piece of 100% whole wheat bread.
- Combine peaches, apricots, plums, cherries and other favorite fruits into a fruit salad and use as an appetizer before dinner, and/or dessert. Keep it tasty and brightly colored by adding a squeeze of lemon or lime juice.
- For a great tasting snack when hiking, add dried apricots to your trail mix.

Stone Fruits Recipe!

Peach Smoothie

Makes 2 servings

Ingredients

1 cup light-juice packed canned peaches
1 Tbsp. fresh lemon juice
2 Tbsp. frozen pink lemonade concentrate

Chill peaches in freezer until very cold (try not to let them freeze, however). Place peaches pink lemonade concentrate, lemon juice, and crushed ice in blender. Puree until smooth. Pour into glasses. (Adapted from: <http://www.cdc.gov/nccdphp/dnpa/5aday/month/peach.htm>)

Stone Fruits Recipes!

Easy Plum Ginger Chicken Salad

Makes 4 servings

Ingredients

1 (4 to 6 ounce) package long grain and wild rice mix
2 cups cooked boneless chicken breast cubes
½ cup sliced green onions
4 plums, sliced
2 Tbsp lemon juice
1 Tbsp soy sauce
½ tsp ground ginger

Prepare rice mix as directed; cool to room temperature. Combine rice, chicken, green onions and sliced plums in large mixing bowl. To prepare dressing, combine oil, lemon juice, soy sauce and ginger, pour over rice mixture and toss lightly. Chill until served. (Adapted from: <http://www.cdc.gov/nccdphp/dnpa/5aday/month/plum.htm>)

Fresh Apricot Bites

Makes 12 servings

Ingredients

4 ounces of reduced fat cream cheese, softened
12 fresh apricots, halved
½ cup pistachios, finely chopped

Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, dessert, or classroom birthday treat! (Adapted from: <http://www.cdc.gov/nccdphp/dnpa/5aday/month/apricot.htm>)

Fresh Fruit Kabobs

Makes 12 kebobs

Ingredients

4 Plums (fresh, ripe) halved and pitted
4 Peaches (fresh, ripe) halved and pitted
4 Nectarines (fresh, ripe) halved and pitted
2 Lemons, juiced
1 tsp Cayenne pepper
Mint sprigs (optional)

Cut each fruit into thirds. Place fruit in a medium bowl, add lemon juice and cayenne pepper, mix well. Marinate fruit for 1 hour. On a skewer, alternate fruit wedges; chill. Garnish with mint sprig if desired. (Adapted from: <http://www.cdc.gov/nccdphp/dnpa/5aday/month/plum.htm>)