

# SUMMER FRESH! STONE FRUITS



## STONE FRUITS

**Stone Fruits** are yummy, fleshy, fiber-rich fruits with a hard “stone” center, thus their name! Common stone fruits include **apricots, cherries, mangoes, nectarines, peaches** and **plums**. 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, farmers market or orchard this time of year for optimal freshness.

## Fun facts about stone fruits!

- The stone “pit” helps support the fruit as it hangs on the tree.
- In China, the peach is a symbol of longevity and good luck. It is used as a traditional birthday gift.
- The National Cherry Blossom Festival in Washington, D.C. is held in recognition of the gift of thousands of cherry trees from Japan to the U.S., the first arriving in 1910.
- You can gauge an apricot’s flavor by scent, rather than color – the more fragrant, the riper the fruit – and a really good one has a few freckles on its shoulders near the stem.
- A recent study in the *American Journal of Clinical Nutrition* found that tart cherries ranked 14 in the top 50 foods for highest antioxidant content per serving size, higher than prunes, dark chocolate and orange juice.

Some information adapted from:  
<https://www.manhattanfruitier.com/blog/spring-stone-fruit-facts/>

**Check out the August Commit to Health Foods of the Month newsletter for more information about stone fruits and nutritious, yummy recipes!**

## NO-COOK OVERNIGHT OATMEAL WITH STONE FRUITS! (1 serving)

### INGREDIENTS:

- 1/3 cup skim milk, soy milk or almond milk
- 1/4 cup rolled oats
- 1/4 cup fat free Greek yogurt (or 2 Tbsp more skim milk, soy milk or almond milk)
- 2 tsp chia seeds or chopped nuts (pecans, walnuts, etc.) (optional)
- 1 tsp honey (optional)
- 1/4 tsp ground cinnamon
- 1/4 tsp salt (optional, but brings out flavor)
- 1/4 cup chopped peaches or plums (if canned, drain well before chopping)\*

### INSTRUCTIONS:

1. Combine milk, oats, yogurt, seeds/nuts (if using), honey, cinnamon and salt (if using) in a 1/2-pint jar with a lid; cover and shake until combined.\*\*
2. Remove lid and gently stir in fruit.
3. Cover jar with lid.
4. Refrigerate oatmeal, 8 hours to overnight.

Note: If you want a bit of crunch, put additional nuts or a sprinkle of granola on top before enjoying!

\*You can try this recipe including other fruits as well, such as blueberries, bananas and raisins.

\*\*If you don't have a jar, you can make this in an airtight, leak-proof container.

Recipe adapted from:

<https://www.allrecipes.com/recipe/244251/no-cook-overnight-oatmeal/>



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## PEACH SALSA - EASY! (1 serving)

### INGREDIENTS:

- 2 cans (28 oz) peaches, drained, juice reserved
- 1 whole medium red onion, diced very finely
- 1 whole red bell pepper, seeded and diced very finely
- 1 whole jalapeño, seeded and minced (include some seeds for spice)
- 1/2 bunch cilantro, chopped (or 2 tsp dried cilantro)
- 1/4 tsp chili powder (more to taste if desired)
- Dash of salt
- Juice of 1 lime (or 1 Tbsp bottled lime juice)

### INSTRUCTIONS:

1. Soak the chopped red onion in a bowl of cold water/ice water for 10 minutes to help remove some of the "bite." Then drain.
2. Chop the peaches into small pieces and put them in a bowl.
3. Add all the other ingredients.
4. Stir and add a splash of the reserved juice.
5. Taste and add a little more salt and chili powder if you prefer.
6. Cover with plastic wrap and refrigerate for at least 1 hour before serving with tortilla chips!



Nutrition tip: Use this as a topping and/or side for grilled salmon or chicken breast for a complete and balanced meal!

Recipe adapted from:

<http://thepioneerwoman.com/cooking/peach-salsa/>



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