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
- ¼ cup rolled oats
- ¼ 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)
- ¼ tsp ground cinnamon
- ¼ tsp salt (optional, but brings out flavor)
- ¼ 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 ½-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 jalapeno, seeded and minced (include some seeds for spice)
- ½ bunch cilantro, chopped (or 2 tsp dried cilantro)
- ¼ 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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