

## PEACH

### Types

Redhaven, reliance, harmony

### Selection Info

Look for firm, fuzzy peaches that yield to gentle pressure. Inspect at the bottom of a peach for its color. Chose yellow peaches. Avoid blemished peaches.

### Preparation

Here are a few tips about preparing peaches and nectarines.

Peaches may be eaten raw and cooked. Peaches may be eaten whole, with skin attached. They can also be cut in half to remove the pit.

**Peel:** Cut an X on the top of the peach with a sharp knife. Score the skin, cutting no more than 1/4 inch into the flesh. Submerge peaches in a simmering water bath and turn occasionally. After about 40 seconds (or when the skin pulls away slightly from the scored ends) remove the peaches with slotted spoon. Immediately submerge peaches in bowl of ice water and cool completely. Finally, gently peel peaches by pulling at the skin or rubbing it off gently.

**Pit:** To remove a peach pit, cut along the seam of the peach all the way around. Twist each half of the peach in the opposite direction until it comes apart. Pull the pit out of the peach.

**Bake:** Heat oven to 375°F. Cut peaches in half, remove pits, and place the peaches skin-side down in a baking dish. Fill each peach with a teaspoon of butter and brown sugar, and add cinnamon to taste. Bake for 35 minutes or until the outside of the peaches have softened and the tops are brown. Serve with your choice of toppings.

**Sauté:** Cut 4 peaches in half and remove the pits. Toss the peaches in a large bowl with ½ cup lemon juice and ¼ cup sugar. Melt 1-2 tablespoons butter in a skillet over medium heat. Cook peaches until the juice thickens, stirring gently for about 3 minutes.

### Storage

**Short-Term Storage:** Store ripe peaches at room temperature. For longer storage, place them in a refrigerator. To ripen the peaches, place them in a paper bag.

**Long-Term Storage:** Peaches are great for canning and winter recipes for a fresh summer taste. They also can be dried.



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# HONEY DIJON CHICKEN WITH PEACH SALSA

## Ingredients

- 4 4-ounce boneless, skinless chicken breast halves
- 1/2 cup bottled, fat-free honey-dijon dressing
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper (freshly ground)
- 4 peaches or nectarines (cubed)
- 1/4 cup fresh cilantro (chopped)
- 1 small red onion (chopped)
- 1 tablespoon lime juice (fresh)

## Directions

1. Adjust the rack on your broiler so that the pan will be 4 to 6 inches from the heat source. Then, heat broiler.
2. Place the chicken breasts between two pieces of plastic wrap and pound (with a heavy skillet or meat tenderizer) until 1/4 inch thick.
3. Brush honey-dijon dressing on both sides of the chicken and season both sides with salt and pepper.
4. Place chicken on the broiling pan rack.
5. Broil chicken for about 4 minutes on each side, or until a thermometer inserted in the thickest portion registers 165°F and the juices run clear.
6. Meanwhile, combine the peaches, cilantro, red onion, and lime juice in a medium bowl.
7. Place the cooked chicken on plates and spoon the salsa on top.



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### Nutrition Information

Serving Size	1/4 of recipe
<b>Nutrients</b>	<b>Amount</b>
Total Calories	220
Protein	25g
Carbohydrates	22g
Dietary Fiber	3g
Total Fat	2.7g
Saturated Fat	0.8g
Cholesterol	63mg
Sodium	468mg