

Peach and Nectarine Salad

(serves 6)

If nectarines are not available, use all peaches.

Ingredients

1 (6 oz) container nonfat peach yogurt
1 tsp cinnamon
4 nectarines, sliced
2 peaches, sliced
2 cup seedless grapes



Directions

1. Wash hands with soap and water.
2. Gently rub fruit under cool running water.
3. Combine yogurt and cinnamon in a small bowl.
4. Place fruit in separate bowl. Stir yogurt into fruit mixture.
5. Cover and refrigerate within 2 hours of making. Store leftovers in the refrigerator for up to 4 days.

Nutrition Facts per serving: 110 calories, 1g fat, 15mg sodium, 27g carbohydrate, 3g fiber, 3g protein

Recipe from Illinois Nutrition Education Programs, Eat.Move.Save., University of Illinois Extension

Peach Smoothie

(serves 3 (1-cup servings))

Since the peaches will be blended, smoothies are a great way to use up older or over-ripe fruit.

Ingredients

2 medium peaches, washed, peeled and sliced
1 (5.3 oz) container nonfat vanilla Greek yogurt (Tip 1)
3/4 cup orange juice
1/3 cup nonfat dry milk
Half of a banana
1 tsp nutmeg

Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Plug in blender, place lid on and blend until smooth.
4. Refrigerate leftovers and eat within 4 days.

Tip 1: Fat slows digestion, which can help you feel fuller for longer. For a variation, use full fat yogurt in place of the nonfat.

Nutrition Facts per serving: 160 calories, 1g fat, 60mg sodium, 31g carbohydrate, 2g fiber, 9g protein

Recipe from Lisa Peterson, University of Illinois Extension



Illinois Extension



Corn and Peach Salsa

(serves 16)

Serve salsa as an appetizer with tortilla chips. Or add on top of chicken or steak.

Ingredients

1 1/2 cups fresh corn (Tip 1)
2 peaches, diced
1 cup cherry tomatoes, cut half (or quarters, if large)
Half a small red onion, diced
Half a lime, juiced



Directions

1. Wash hands with soap and water.
2. Wash fruits and vegetables under cool water. Cut according to ingredient list.
3. Add all ingredients to a large bowl. Mix to combine.
4. Cover and refrigerate for at least 2 hours.
5. Refrigerate leftovers for up to 4 days.

Tip 1:

- To use canned corn instead of fresh, open can and drain canning liquid. Add corn in step 3 and continue with recipe.
- To use frozen corn, cook according to package directions, drain water, and cool in ice water before adding to salsa in step 3. Due to the risk of listeria, it is necessary to precook frozen vegetables before consuming. Do not thaw and eat without cooking first.

Nutrition Facts per serving: 25 calories, 0g fat, 0mg sodium, 6g carbohydrate, 1g fiber, 1g protein

Recipe from Caitlin Mellendorf, University of Illinois Extension