



Nectarines

Wash. Eat. How easy is that?



Did you know? Nectarines are like bald peaches, because the skin is smooth – not fuzzy. Nectarines are somewhat sweeter than peaches. Prevent nectarine slices from darkening when exposed to air by dipping them in lemon juice.

Buying tips: Nectarines should be a bright deep yellow with a red blush and no hint of green. They should be slightly soft, not shriveled, and have no bruises. Select nectarines with a pleasant aroma. *Storing tips:* Keep hard nectarines in a closed paper bag at room temperature for one or two days, until soft. Refrigerate soft nectarines, away from vegetables. Use within three or four days.

Quick nibbles:

- Make a salsa by mixing nectarine chunks with cilantro, mango and tomatoes. Eat with baked tortilla chips or toasted pita bread.
- Mix nectarine and peach chunks with grapes and low-fat vanilla yogurt. Serve on toasted raisin bread.
- Serve a fresh, fruity beverage by blending nectarine chunks with milk, orange juice, honey, almond extract and ice cubes.
- Toast a whole wheat English muffin. Spread a thin layer of vanilla yogurt on each muffin half. Arrange nectarine slices on top in a spiral fashion.
- For a summer treat on a hot day, combine slices of peaches, plums and nectarines with fruit yogurt. Serve in a dish or waffle cone. Top it off with sprinkles, trail mix or your favorite dried fruit pieces.

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

