Nectarines

Key Points

- Good source of vitamin C.
- Choose firm nectarines with smooth skin.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Ripen on the counter first, then store in the refrigerator up to seven days.

Nectarine Salsa

Number of servings: 4

Ingredients:
- 4 nectarines, pitted and chopped
- ½ red onion, finely chopped
- ½ cup balsamic vinegar
- 2 teaspoons white sugar
- 1 teaspoon dried cilantro
- Freshly ground black pepper to taste

Directions:
- In a medium bowl, mix the nectarines, onion, vinegar, sugar, cilantro, and pepper. Allow to sit 5 minutes.
- In a skillet over medium heat, cook and stir the nectarine mixture 10 minutes, until the onion and nectarines are tender and lightly browned.
- Serve on grilled chicken or pork.

Per serving: 79 calories; 1 g fat (trace saturated fat); 2 g protein; 20 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 1 mg sodium.

Summer Fruit Salad

Number of servings: 4

Ingredients:
- 6 cups mixed fruit such as watermelon, peaches, nectarines, plums, blueberries or grapes, cut into bite-size pieces
- ½ cup coconut flakes
- 1 teaspoon ground cinnamon
- ½ cup nondairy light whipped topping

Directions:
- Gently toss the fruit together in a large bowl.
- Sprinkle coconut flakes and cinnamon over the fruit mixture and lightly stir to mix.
- Cover the bowl with plastic wrap and chill in refrigerator at least 1 hour before serving.
- Top with whipped topping to serve, if desired.

Per serving: 216 calories; 2 g fat (1 g saturated fat); 3 g protein; 49 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 21 mg sodium.