

NECTARINES



To Look for: Nectarines should have a yellow background color with no hint of green. Ripe nectarines will yield to gentle pressure. Avoid nectarines that are shriveled or rotting.



At Home: To ripen unripe nectarines, store in a paper bag on the countertop for 2-3 days. Store ripe nectarines in the refrigerator crisper for up to 7 days (best to use sooner). Rinse with clean drinking water directly before using.



- Your Health:** Nectarines are a nutrient-rich fruit:
- Good Source of Vitamin C
 - Source of Fiber
 - Also include Vitamin A, iron, potassium, and folate.



Benefits: Eating more fruits, especially high fiber, Vitamin A and C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin A helps maintain vision and keeps your immune system healthy
- Vitamin C helps your body absorb iron and helps your immune system
- Fiber aids digestion and gives a feeling of fullness when eating
- Iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects.

Nutrition Facts

Serving Size 1 medium (140g)

Amount Per Serving

Calories	Calories from
67	Fat 0

% Daily Value*

Total Fat 0.5g	1%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 16g	5%
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Dietary Fiber 2g	8%
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Sugars 12g	
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Protein 1g	
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Vitamin A	-	Vitamin C
4%		15%

Calcium 0%	-	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 300mg	9%
Folate	1%



Tips to Eat More Nectarines: A serving is 1 medium nectarine.

- You can use nectarines anywhere you would use peaches.
- Keep ripe nectarines on hand for a quick snack or pack them in your lunch.
- Add sliced nectarines to cooked or uncooked breakfast cereal.
- Or try sliced nectarines on pancakes or waffles.
- For an easy snack make your own yogurt parfait with fresh nectarines and granola or high-fiber cereal; try adding other fruits too.
- Add sliced nectarines to green salads (try a salad with spinach, red leaf lettuce or romaine lettuce, powerhouse vegetables) for tangy sweetness.
- Nectarines are also great in fruit salads!
- Make a smoothie by blending fresh nectarines with bananas and plain or vanilla yogurt. Try combinations with other fruits, or try adding honey.
- Dice nectarines and use to make a fruit salsa for meat, chicken or fish dishes.
- Bake, broil, sauté or grill nectarines alongside your meats.
- Or make a warm nectarine sauce to accompany meat, chicken and fish dishes, or even for desserts.
- Try adding cubed nectarines to pasta, rice, chicken and tuna salads.
- For dessert, top reduced fat ice cream or frozen yogurt with nectarines, use as a topping for angel food cake, or try reduced fat cobblers and crisps made with nectarines.



Quick Recipe Ideas:

- For an easy dessert, over medium heat, sauté nectarines in butter with dark brown sugar and lemon juice, until the juices thicken. Serve warm.
- **Herb-Broiled Salmon with Nectarine Salsa:**



For One or Two:

- 1 24-oz. salmon fillet or 6 4-oz. fillets
- 2 Tbsp. brown sugar
- 2 Tbsp. lemon juice
- 1 tsp. dried basil
- ¼ tsp. pepper
- ¼ tsp. cinnamon
- 2 nectarines, diced
- 2 oranges, diced
- 2 Tbsp. orange juice
- 1 Tbsp. fresh lime juice
- 1 tsp. grated lime peel
- 1 (8-oz.) can pineapple chunks, drained

To serve two follow same directions using: 8-oz. fillet or 2 4-oz. fillets, 2 tsp. brown sugar, 2 tsp. lemon juice, ¼ tsp. dried basil, 1/8 tsp. pepper, 1/8 tsp. cinnamon, 2/3 nectarine, diced, 2/3 orange, diced, 2 tsp. orange juice, 1 tsp. lime juice, ¼ tsp. grated lime peel, 1/3 of an 8-oz. can of pineapple chunks. Save the salmon and salsa separately for a quick, reheatable meal or divide this recipe by 2 to serve just one.

Modifications: If you have a citrus allergy omit all citrus fruits and juices to which you are allergic. Try substituting tomatoes in the salsa.

Combine first 6 ingredients in a plastic bag; seal and shake to coat. Prepare broiler. Coat fish with cooking spray and broil 5 minutes a side until fish flakes easily. Combine remaining ingredients in a bowl and stir. Spoon salsa over cooked salmon.

Storage and Freezing: The cooked fish will keep in the fridge for 2-3 days, as will the salsa, but the salmon is best cooked fresh.

Makes 6 servings.

Per serving: Calories: 220, Fat: 4 g. (6%), Cholesterol: 60 mg., Fiber: 2 g. (9%), Sodium: 80 mg. (3%), Vitamin A: 6%, Vitamin C: 60%.

Kid Friendly

Try this recipe with your family or have your kids help you make the salsa—if they don't eat fish, serve them the salsa with chips or other meat.