

Peaches



Peaches can be dried, canned, made into jams, jellies, and preserves, used as filling for desserts, and used as an ingredient in many other dishes, from appetizers to entrees.

How to Choose:

When shopping for peaches, choose fragrant fruits which are unblemished and not overly firm. Because fresh peaches are highly perishable, don't buy more than you plan to use. Even when unripe, they spoil easily. Peaches that are greenish colored were probably picked too early and should be avoided. Sweetness does not increase after picking, so ripe-picked fruit is always the tastiest.

Nutritional Value:

A medium size peach has about 35 calories and are fine sources of Vitamin A as well as C and E. They are a good source of fiber. They are also rich antioxidants, ridding the body of free radicals.

Storage:

When storing fresh peaches at room temperature, be sure there is enough space between them to allow proper air circulation. Fresh peaches can be kept at room temperature three to four days, depending on how ripe they are when you buy them.

Recipes

QUICK & EASY PEACH COBBLER

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- 1 stick butter
- 1 can sliced peaches (lg. with light syrup)
- 1 c. self-rising flour
- 1 c. milk
- 1 c. sugar

Preheat oven to 350 degrees. Melt butter in oblong Pyrex baking dish. Mix flour and sugar thoroughly, then add milk. Pour into dish over melted butter. (Do not stir.) Pour heated peaches over this. (Do not stir.) Bake at 350 degrees for 50 minutes.

GEORGIA PEACH SALAD

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- 2 c. orange juice
- 1 (16 oz.) pkg. orange Jello
- 1/4 c. plus 2 tbsp. sugar
- 1 tsp. grated lemon rind
- 2 c. buttermilk
- 1 c. chopped fresh peaches

Bring orange juice to a boil in medium pan. Add Jello, sugar and lemon rind. Stir until Jello is dissolved. Chill until mixture is consistency of unbeaten egg white. Gradually add buttermilk and mix well. Fold in peaches. Pour mixture into a 6 cup mold. Refrigerate until set.

DRESSING FOR SALAD:

Combine: 1/4 c. orange juice
Mix well. Serve over salad. Yield: 10 to 12 servings

