

Peach



The peach is native to Northwest China and was first brought to the Americas by Spanish explorers in the 1500s. Peaches are part of the stonefruit family with nectarines, apricots, plums, and cherries. Varieties include white and yellow flesh, and can be soft and juicy or crisp and firm. “Cling” peaches have attached pits, while “freestone” varieties have pits that are easily removed.

Cooking

There is no need to peel peaches, just wash and rub off the fuzz if desired. Cut in half and twist to remove pit. Firm peaches are great for baking, roasting, or grilling, while soft peaches are best eaten raw, in smoothies, or cooked in sauces and jams.



Storage

Store in a cool dry place. Refrigerate only if needed to extend life: refrigeration can damage the texture and flavor. Peaches can be pre-cut and frozen in an airtight container up to 6 months.



Peach & Chicken Salad with Feta



Serves: 4

Total Time: 20 minutes

Ingredients:

- 1 lb cooked chicken, cut to bite-sized (use leftovers if possible)
- 2 peaches, pitted and cubed
- 2 ears of corn, kernels cut off (or 1 cup frozen corn kernels)
- 1 ½ cups tomatoes, cubed
- ¼ red onion, finely chopped
- 4 oz feta cheese, crumbled
- 8 cups salad greens
- 2 tbsp oil (olive or vegetable)
- 2 tbsp lemon juice (or cider vinegar)
- 2 tsp sweetener (honey, maple syrup, sugar, or other)
- 1 tbsp basil, finely chopped (or 2 tsp dried)
- 1 tbsp oregano, finely chopped (or 2 tsp dried)
- ½ tsp red pepper flakes (optional)
- Salt & pepper

Directions:

1. In a large bowl, toss together chicken, peaches, corn, tomatoes, and red onion.
2. In a small bowl, whisk together oil, lemon juice, sweetener, basil, oregano, red pepper, and salt and pepper to taste. Taste, and adjust seasoning as needed.
3. Pour dressing over salad and toss gently again to coat evenly. Sprinkle with feta cheese. Serve on top of greens.

Quick Tips:

- Salad can be made ahead (omit greens) and stored in an airtight container in the fridge for 2-3 days. Toss gently before serving, as dressing will collect at the bottom.
- Use large tortillas to turn leftovers into a quick and healthy lunch wrap.
- Substitute 2 (15 oz) cans drained & rinsed black beans or chickpeas instead of chicken to make this recipe vegetarian.

