

# **Peaches! Peaches! Peaches!**

**By Libby Showalter, MS, RD, LD**

This juicy fruit is low in calories, high fiber, and a great source of vitamin C, potassium, and antioxidants.

## **Grilled Peaches**

### Ingredients:

- 2 peaches (halved and pitted)
- Spray oil
- ¼ tsp cinnamon
- ½ tsp sugar

### Directions:

1. Preheat grill to medium heat
  2. Lightly spray peaches with oil
  3. Place cut-side of peach on the heated grill
  4. Cook until grill marks form and slightly tender (~5 minutes)
  5. Flip peach and place on heated grill for 2-3 minutes
  6. Sprinkle with cinnamon and sugar and serve.
- 

## **Summer Peach Salsa**

### Ingredients:

- 2 peaches (pitted and diced)
- 1 tomato (diced)
- 1 tsp lemon juice
- 2 T chopped cilantro
- 1 small onion (diced)
- ½ bell pepper (diced)
- 1 tsp honey
- Salt and pepper, to taste

### Directions:

1. Combine lemon juice and honey in a medium bowl
2. Add all other ingredients, and stir gently until combined
3. Serve salsa with a side of tortilla chips or use as a condiment for grilled chicken or fish.

