Get the Facts!

Peaches

Provides Vitamin A!

Perfect Summer Treat

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 59</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 3</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
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<tr>
<td>Dietary Fiber 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugar 13g</td>
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<tr>
<td>Protein 1g</td>
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<tr>
<td>Vitamin A</td>
<td>10%</td>
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<tr>
<td>Vitamin C</td>
<td>17%</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
<td>2%</td>
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Visit the ONIE Blog to find more recipes, fun activities, and helpful tips!
www.onieproject.org

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
**How to keep fresh**

- Choose peaches that are plump and fragrant that gives a little with pressure.
- Trust your nose! A ripe peach smells sweet.
- Store unripe peaches in a paper bag on the counter. They should ripen in a couple days.
- When ripe, store at room temperature for 1 to 2 days or in the fridge for about a week.

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**Recipe: Sweet Summer Peach Salsa**

**Ingredients:**
- 1 1/2 lb tomatoes
- 2 bell pepper
- 2 jalapenos
- 1 medium onion
- 1 lb peaches
- 1/2 bunch fresh cilantro, chopped
- 2 Tbsp lime juice
- 1/4 tsp pepper

**Preparation:**
1. Dice tomatoes & transfer to a large bowl.
2. Finely dice seeded peppers, onion & add to bowl. Mix well.
3. Pit & dice peaches, leaving skin on fruit, add to bowl.
4. Add cilantro, juice, pepper & mix well.
5. Serve immediately or for a more intense flavor, refrigerate salad for 1-2 hours.

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**Recipe: Peachy Pecan Spinach Salad**

**Ingredients:**
- 1/2 cup pecans
- 2 ripe peaches, wedged
- 4 cups of baby spinach, rinsed and dried
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/4 tsp pepper

**Preparation:**
1. In a large bowl add spinach, peaches & pecans. Mix well.
2. In a small bowl, combine lemon juice, oil & pepper. Mix well.
3. Stir in dressing with salad.
4. Add cilantro, juice, pepper & mix well.
5. Serve immediately or for a more intense flavor, refrigerate salad for 1-2 hours.

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**Oklahoma Season**

June - September