



# Healthy Ways to Eat Canned Peaches



Look for canned peaches in lite syrup or 100% juice

1. Top pancakes, waffles & french toast with canned peaches.
2. Sweeten whole grain cereal & oatmeal with canned peaches.
3. Add canned peaches to smoothies.
4. Add peaches to salads.
5. Make peach sorbet by freezing chopped peaches overnight & pureeing them in a blender.
6. Make a Peaches & Cream Smoothie Serves 2

**Ingredients:**

1 (15-oz.) can of sliced peaches, drained	1 banana
1/2 cup low fat milk	5-6 ice cubes

**Directions:**

1. Place all ingredients in a blender. Blend until smooth and pour into cups.

7. Make Spiced Peach Muffins

**Ingredients:**

2 ¼ cups flour	3/4 teaspoon salt
3 teaspoons cinnamon	2 eggs
½ teaspoon pumpkin pie spice (optional)	1/2 cup sugar
3/4 teaspoon baking soda	1 (15-oz.) can peaches

**Directions:**

1. Preheat the oven to 400° F and mix together the flour, cinnamon, all spice, nutmeg, baking soda and salt.
3. Stir in the eggs and sugar.
4. Add the peaches with syrup and slice them as you stir.
5. Divide into 12 muffins. Bake for 25 minutes.

8. Make Tropical Salsa. Serve with tortilla chips or as a garnish for tacos & quesadillas!

**Ingredients:**

1 (15-oz.) can peaches, drained & chopped	1 cup diced cucumber or bell pepper
1 (20-oz.) can pineapple, drained & chopped	2 tablespoons lime juice
1 (15-oz.) can black beans, drained & rinsed	¼ cup chopped cilantro (optional)

**Directions:**

1. In a medium bowl, gently combine all ingredients.
2. Stir to combine! Serve with tortilla chips or use for a garnish on tacos or quesadillas!

9. Make Peach & Bean Salad. Try serving with avocado on top or over a bed of greens or brown rice.

**Ingredients:**

1 (15-oz.) can peaches, drained & chopped	1 small onion, chopped
1 (15-oz.) can black beans, drained & rinsed	2 tablespoons lime juice or vinegar
1 tomato, chopped	¼ teaspoon salt
1 bell pepper, chopped	¼ teaspoon black pepper

**Directions:**

1. Combine all ingredients in a large bowl.
2. Squeeze the lime juice over the top and mix together. Add a pinch of salt to the top if desired!

## 10. Make Grilled Pork & Peach Kabobs

### Ingredients:

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|---|---|
| 1 (15-oz.) can of sliced peaches, drained | 1-1/2 lb. pork tenderloin, cut into 18 pieces |
| 1 onion, cut into 6 wedges                | 3/4 cup barbeque sauce                        |

### Directions:

- Heat grill to medium-high heat; thread peaches & onions onto 6 skewers.
- Put meat chunks on 3 separate skewers.
- Place on grill and cook, turning occasionally, for 15 minutes or until meat is cooked through. Brush with barbecue sauce during the last 5 minutes of cooking to avoid burning the sauce.

## 11. Make Peach & Greens Salad with homemade vinaigrette.

### Ingredients:

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|---|---|
| 1 Tablespoons honey, maple syrup or sugar | 8 cups torn salad greens (lettuce, spinach, arugula etc.) |
| 1 Tablespoon vinegar                      | 1 (15-oz.) can peaches, drained & chopped                 |
| 1 teaspoon Dijon mustard                  | ¼ red onion, thinly sliced                                |
| ¼ teaspoon salt                           | 1/3 cup chopped pecans, walnuts or almonds (optional)     |
| ¼ teaspoon pepper                         | ¼ cup crumbled or shredded cheese (optional)              |
| ¼ cup oil                                 |   |

### Directions:

- In small bowl, whisk together maple syrup/honey, vinegar, mustard, salt, pepper & oil to make a vinaigrette.
- If using, place nuts in a dry skillet over medium-low heat. Stir with a spatula until nuts are fragrant and slightly toasted. Remove from heat.
- In a large bowl, toss together the salad greens, peaches, and onion. Sprinkle with pecans and/or cheese, if desired. Drizzle the vinaigrette over salad and toss to coat. Refrigerate extra dressing.

## 12. Make Savory Peach Chicken

### Ingredients:

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|--------------------------------------|--|
| 1 tablespoon oil                     | 2 tablespoons vinegar                          |
| 4 skinless, boneless chicken breasts | 1/4 cup orange juice                           |
| 1/2 teaspoon salt                    | 2 cloves garlic, minced or ½ tsp garlic powder |
| 1/4 teaspoon pepper                  | 1/2 cup low-sodium chicken broth               |
| 2 tablespoons brown sugar            | 2 (15-oz.) cans of peaches, drained & chopped  |
| 2 tablespoons low-sodium soy sauce   | 2 tablespoons sliced almonds (optional)        |

### Directions:

- Heat the oil in a large skillet over a medium-high heat. Season the chicken on both sides with salt and pepper, add to the skillet and cook until browned, about 2 minutes per side.
- Combine the brown sugar, soy sauce, vinegar and orange juice in a small bowl and set aside. When the chicken is browned, transfer to a plate and set aside.
- Add the garlic to the pan and cook, stirring, for 30 seconds. Add the chicken broth, the soy sauce mixture, and the peaches to the pan. Turn the heat up to high and cook, uncovered, for about 6 minutes, stirring occasionally until the sauce is nicely thickened and the peaches soften. Add the chicken back to the pan with the sauce, turn the heat down to moderate-low, cover and cook for about 5 minutes, or until chicken is cooked through. Serve the chicken topped with the sauce and sprinkled with almonds.

## 13. Make Peach Cobbler\*

### Ingredients:

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|---|---------------------------------------|
| 2 (15-oz.) cans of peaches, drained         | Non-stick cooking spray               |
| ¾ cup light brown sugar, packed and divided | ½ stick (2-oz.) cold, unsalted butter |
| ½ cup whole wheat flour, divided            | 1 ½ cups quick oats                   |
| ½ teaspoon ground cinnamon                  |                                       |

### Directions:

- Preheat oven 350° F. Grease a 9x9-inch baking dish with non-stick cooking spray.
- In a large bowl combine peaches, ¼ cup brown sugar, 1 tablespoon of flour, and cinnamon; mix well. Pour the peach mixture evenly into the dish.
- Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats and butter. Mix with hands until crumbly. Spread oat and flour mixture over peaches.
- Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly. Let sit for 15-20 minutes before serving.

\*Recipe from Share Our Strength's Cooking Matters™

