

# HEALTHY WAYS CANNED PEACHES



## Tips!

- Top pancakes, waffles, and French toast with canned peaches.
- Sweeten whole grain cereal and oatmeal with canned peaches
- Add canned peaches to smoothies.
- Add peaches to salads.
- Make peach sorbet by freezing chopped peaches overnight and pureeing them in a blender.

## RECIPES

### Peaches & Cream Smoothie

**Ingredients:**

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

**Directions:**

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

### Spiced Peach Muffins

**Ingredients:**

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

**Directions:**

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

### Tropical Salsa

**Ingredients:**

- 1 (15-oz.) can peaches, drained & chopped
- 1 (20-oz.) can pineapple, drained & chopped
- 1 (15-oz.) can black beans, drained & rinsed
- 1 cup diced cucumber or bell pepper
- 2 Tablespoons lime juice
- 1/4 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!

### Peach Cobbler

**Ingredients:**

- 2 (15-oz.) cans peaches, drained
- 3/4 cup light brown sugar, packed and divided
- 1/2 cup whole wheat flour, divided
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (2-oz.) cold, unsalted butter
- 1 1/2 cups quick oats

**Directions:**

1. Preheat oven to 350°F. Grease a 9x9-inch baking dish with non-stick cooking spray.
2. In a large bowl, combine peaches, 1/4 cup brown sugar, 1 tablespoon of flour, and cinnamon; mix well. Pour the peach mixture evenly into the dish.
3. 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.
4. 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



# MAKE IT A MEAL: RECIPES



## Grilled Pork & Peach Kabobs

### Ingredients:

1 (15-oz.) can of sliced peaches, drained  
1 onion, cut into 6 wedges

1 1/2 lb. pork tenderloin, cut into 18 pieces  
3/4 cup barbeque sauce

### Directions:

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

## Peach & Greens Salad

### Ingredients:

1 Tablespoon honey, maple syrup or sugar  
etc.)  
1 Tablespoon vinegar  
1 Teaspoon Dijon mustard  
1/4 Teaspoon salt  
(optional)  
1/4 Teaspoon pepper  
(optional)  
1/4 cup oil

8 cups torn salad greens (lettuce, spinach, arugula,  
1 (15-oz.) can peaches, drained & chopped  
1/4 red onion, thinly sliced  
1/3 cup chopped pecans, walnuts or almonds  
1/4 cup crumbled or shredded cheese

### Directions:

1. In a small bowl, whisk together maple syrup/honey, vinegar, mustard, salt, pepper, & oil to make vinaigrette.
2. 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.

## Savory Peach Chicken

### Ingredients:

1 Tablespoon oil  
4 skinless, boneless chicken breasts  
1/2 teaspoon salt  
der  
1/4 teaspoon pepper  
2 Tablespoons brown sugar  
chopped  
2 Tablespoons low-sodium soy sauce

2 Tablespoons vinegar  
1/4 cup orange juice  
2 cloves garlic, minced or 1/2 teaspoon garlic powder  
1/2 cup low-sodium chicken broth  
2 (15-oz.) cans of peaches, drained and  
2 Tablespoons sliced almonds (optional)

### Directions:

1. Heat the oil in a large skillet over medium-high heat. Season the chicken on both sides with salt and pepper, add to skillet and cook until browned, about 2 minutes per side.
2. 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.
3. Add the garlic to the pan and cook, stirring for 30 seconds. Add the chicken broth, soy sauce mixture, and peaches to the pan. Turn the heat up to high & cook, uncovered, for about 6 minutes, stirring occasionally until the sauce is thickened and the peaches soften.
4. Add the chicken back to the pan with the sauce, turn the heat down to medium-low, cover and cook for about 5

## Peach & Bean Salad

### Ingredients:

1 (15-oz.) can peaches, drained & chopped  
1 (15-oz.) can black beans, drained and rinsed  
1 tomato, chopped  
1 bell pepper, chopped

1 small onion, chopped  
2 Tablespoons lime juice or vinegar  
1/4 teaspoon salt  
1/4 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!