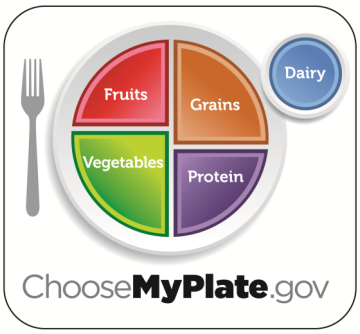

Nectarines, Fresh

MyPlate Food Group: **Fruit**

USDA Foods

Nutrition Information

- 1 cup of sliced or chopped nectarines or 1 large nectarine counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Nectarines are naturally low in fat, sodium, and calories. Nectarines do not have cholesterol.
- Nectarines contain Vitamin A. Vitamin A helps maintain healthy eye sight and vision.

Uses and Tips

- Cut-up nectarines make a great snack any time of the day.
- Fresh nectarines do not need to be cooked or heated. Before eating, gently rub nectarines while holding under plain running water to remove any visible debris and enjoy.
- Try adding thin slices of nectarines to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles. They can also be added to plain yogurt or oatmeal.
- A nectarine is ripe and ready to eat when its flesh begins to soften when gentle pressure is applied. If not soft under gentle pressure, allow it to ripen at room temperature, checking for ripeness daily.
- When nectarines are in season they are at their peak flavor and may be less expensive.

Storing Foods at Home

- Do not wash nectarines until ready to eat.
- Store unripened nectarines at room temperature in a paper bag. Once they are ripe, store them in the refrigerator.

MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!

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USDA Foods

Nectarine Salsa
Makes 6 servings

Ingredients:
3 cups nectarines or peaches, chopped
1 red onion, chopped
½ cup red bell pepper, chopped
½ cup jalapeno, chopped, seeds removed (optional)
2 tablespoons lime juice
1 tablespoon fresh cilantro, chopped (optional)
Salt and black pepper, to taste (optional)

Directions:

1. In a large bowl, add all ingredients and toss well to combine.
2. Serve immediately or keep salsa in the refrigerator for 30 minutes before serving.
3. Enjoy with baked chips or use it to top broiled fish, chicken, or other dishes.

Recipe adapted from Iowa State University Extension

Summer Cooler
Makes 4 servings

Ingredients:
2 cups low-fat milk
2 cups fresh nectarines, sliced
½ teaspoon lemon juice
1 teaspoon vanilla extract
Dash of nutmeg (optional)

Directions:

1. Put all of the ingredients in a blender and blend until smooth.
2. Sprinkle with nutmeg if you like.
3. Serve immediately.

Recipe adapted from University of Nebraska-Lincoln

These recipes have not been tested or standardized.