

A Taste of Missouri



August



Peach Tips

- Look for bright, fresh-looking peaches. The peach skin should be creamy or yellow with varying amounts of red blushing and a strong, sweet smell.
- Ripe peaches have a slight “give” or softness. Handle peaches gently. They bruise easily. Bruised areas spoil more quickly.
- For the best flavor and texture, store ripe peaches on the counter at room temperature or in a plastic bag in the refrigerator.
- If you need to ripen peaches, place peaches in a loosely closed paper bag and keep them at room temperature. Check daily until soft, then eat or refrigerate. Add an apple or banana to speed ripening.
- Wash peaches just before using them by gently rubbing them under running water.
- Avoid shriveled peaches or green coloring, which means they are over- or under-ripe.
- Cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/1 quart water) to keep them from browning.
- Types of Peaches:
 - Clingstone — the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh. Semi-freestone — a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness. Clingstones are the first peaches of the summer to ripen.
 - Freestone — the pit falls out easily. These varieties have a firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches. Freestones are the mid to late-summer peaches to ripen.
- One small peach provides 51 calories. Peaches are low in fat, sodium and protein. Peaches are excellent sources of vitamins A and C, as well as fiber.

Peach Corn Salsa



Yield: 6 Servings

Time: 10 Minutes

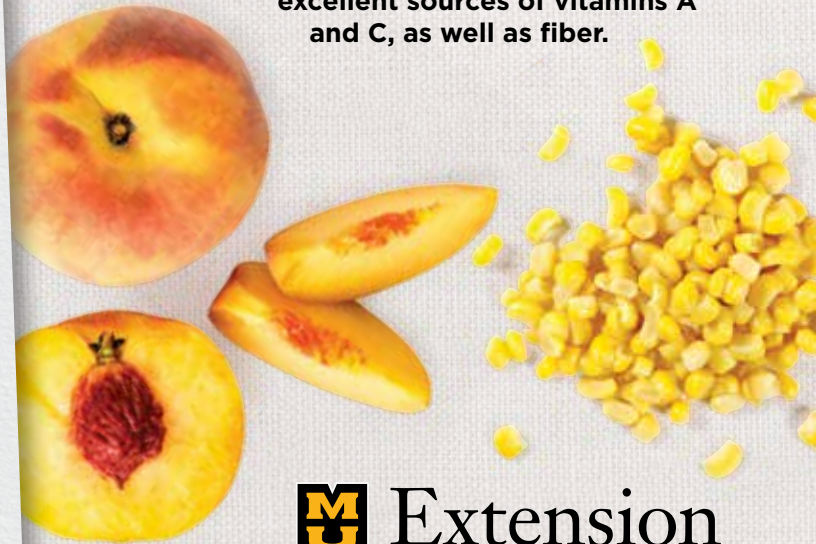
Ingredients

- 4 ears of roasted or steamed corn, cut off the cob
- 4 fresh peaches, peeled and chopped
- ¼ cup purple or Vidalia onion
(1 whole green onion can be substituted)
- ⅓ cup olive oil
- Pinch of cumin
- 8 to 10 cherry tomatoes chopped
- 1 jalapeño pepper, diced small (optional)

Instructions

1. Mix all ingredients and serve on top of chicken or fish or as a dip with corn chips.

Source: https://www.ncpeachrecipes.com/show_recipe.php?ID=16



Peach Caprese Salad

This version of a Caprese salad with peaches subbing for tomatoes.

Yield: 4 Servings

Time: 5 Minutes

Ingredients

Dressing

- 1 lime (juice and zest)
- 1 tablespoon champagne or white wine vinegar
- 1 tablespoon water
- 1 tablespoon honey
- ½ teaspoon salt
- ¼ cup olive oil
- 2 tablespoons chopped fresh mint

Salad

- 2 (4-ounce) balls of fresh mozzarella
- 4 ripe peaches, unpeeled, cut into 8 wedges
- ½ cup fresh basil leaves
- Freshly ground pepper, to taste

Instructions

1. To prepare the dressing, combine lime juice, zest, vinegar, water, honey and salt. Slowly whisk in olive oil and set aside.
2. Cut cheese into 1-inch pieces and gently toss with peaches and basil leaves.
3. Whisk mint into dressing and toss about 2 tablespoons (or more to taste) with salad. Season with freshly ground pepper and serve.

Tip

For a greener salad, toss with baby arugula or spinach.

Source: <https://gapeaches.org/caprese-salad-with-peaches/>



Baked Chicken with Peaches

Yield: 2 Servings

Time: 40 Minutes

Ingredients

- 2 skinless, boneless chicken breasts
- 2 tablespoons brown sugar
- 1 fresh peach, peeled, pitted and sliced
- Pinch of ground ginger
- Pinch of ground cloves
- ½ tablespoon lemon juice
- 1 teaspoon cornstarch
- ¼ cup cold water

Instructions

1. Preheat oven to 350° F.
2. Place chicken in a lightly greased baking dish and sprinkle with half of the brown sugar.
3. Place peach slices over chicken, then sprinkle with remaining brown sugar, ginger, cloves and lemon juice.
4. Place chicken in oven and bake for 30 minutes, or until chicken is cooked through.
5. Dissolve cornstarch in cold water. Pour into cooking juices and stir well. When thickened, spoon over the chicken.



Source: <https://s3-us-west-2.amazonaws.com/wasnap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-Peaches.pdf>



Watermelon Corn Feta Salad

Yield: 4 Servings

Time: 5 Minutes

Ingredients

- ¼ cup orange juice
- 1 tablespoon grated orange peel
- 1 teaspoon honey
- 3 tablespoons extra-virgin oil
- 3 cups diced watermelon
- 1 (11 ounce) can no salt added whole kernel corn, drained
- 1 cup baby arugula or other leafy greens
- ¼ cup crumbled reduced-fat Feta cheese
- 2 tablespoons fresh mint, chopped (optional)

Instructions

1. Wash your hands with soap and warm water.
2. In a medium bowl combine orange juice, orange peel and honey; gradually whisk in olive oil until well blended. Add salt and pepper to taste.
3. In a large bowl, combine diced watermelon, corn and arugula leaves. Toss with orange dressing. Sprinkle with Feta cheese and mint.



Source: <https://www.azhealthzone.org/recipes/watermelon-corn-feta-salad/>





Beef & Potatoes

Yield: 4 Servings

Time: 45 Minutes

Ingredients

- 1 pound 90% lean ground beef
- 1 $\frac{1}{3}$ cups water
- 7 medium potatoes, peeled and thinly sliced
- $\frac{1}{2}$ teaspoons black pepper
- 1 teaspoon garlic powder
- 2 teaspoons dried parsley flakes
- $\frac{1}{4}$ cup dried, minced onion
- $\frac{2}{3}$ cups dried milk, non-fat salt (to taste, optional)



Instructions

1. Wash hands with soap and water.
2. Wash and peel the potatoes.
3. Collect, slice, and measure all ingredients before starting to prepare the recipe.
4. Brown ground beef in a large skillet. Drain the fat.
5. Add water, potatoes, and seasonings. Stir to combine with the beef.
6. Bring to a boil, reduce heat to low, cover, and simmer for 20-30 minutes or until potatoes are tender.
7. Uncover and cook until excess water is evaporated.
8. Taste; then add a small amount of salt, if needed.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-potatoes>



Scalloped Potatoes

A hearty side dish that would go well with a flavorful fish recipe and a fresh green salad.

Yield: 4 Servings

Time: 35 Minutes



Ingredients

- 6 cups potatoes
- 2 tablespoons margarine
- 1 cup onions, sliced
- 3 tablespoons flour
- ¼ teaspoon black pepper
- 2 cups whole milk

Instructions

1. Wash hands with soap and water.
2. Wash potatoes; peel and slice into thin slices.
3. Melt 1 tablespoon of margarine in a heavy, deep skillet. Remove the skillet from heat; spread half of the potato slices in the skillet.
4. Cover potatoes with onions. Sprinkle half of the flour and pepper over the potato mixture.
5. Add remaining potato slices, flour, and pepper. Cut 1 tablespoon of margarine into small pieces and place on top of the potato mixture.
6. Pour milk over the potato mixture; bring to a boil over high heat. Reduce heat to medium-low, cover, and cook until potatoes are tender, about 15 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/scalloped-potatoes>



Peach Melba

Yield: 2 Servings

Time: 20 Minutes

Ingredients

- 1 ripe peach, peeled and halved
- ½ cup water
- 2 tablespoons honey
- 1 cup fresh or frozen raspberries
- 1 to 2 teaspoons cornstarch
- 1 scoop Vanilla frozen yogurt or low-fat ice cream

Source: <https://s3-us-west-2.amazonaws.com/washap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-Peaches.pdf>



Instructions

1. In a medium saucepan combine peaches, water and honey.
2. Cook over medium heat until the peaches are soft, about 5 minutes. Remove peaches with a slotted spoon and set aside to cool.
3. In a clean saucepan, combine raspberries and cornstarch, stirring until the cornstarch is dissolved. Cook over medium heat until mixture thickens, about 3 minutes. Remove from heat and let cool for 10 minutes.
4. To serve, top a peach half with a scoop of frozen yogurt or ice cream and a spoonful of warm raspberry sauce.



Edamame and Corn Succotash



Yield: 6 Servings

Time: 15 Minutes

Ingredients

- 2 teaspoons vegetable oil
- ½ cup red bell pepper, chopped
- ½ onion, chopped
- 2 cloves garlic, minced
- 1½ cups frozen shelled edamame
- 2 cups frozen corn
- 3 Tablespoons vegetable broth
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 Tablespoons fresh parsley, chopped
- 1 teaspoon dried basil

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add bell pepper, onion and garlic.
3. Cook, stirring frequently, for 2 minutes.
4. Stir in edamame, corn, and vegetable broth.
5. Cook 4 minutes, stirring frequently.
6. Remove pan from heat.
7. Stir in salt, pepper, parsley, and basil.

Source: <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/edamame-and-corn-succotash/>



Rinse fresh fruits and vegetables under running water.

Watermelon Cake



Yield: 10 Servings

Time: 20 Minutes

Ingredients

- 1 seedless watermelon
- ½ container (8 ounces) frozen light whipped topping, thawed
- 1 container (8 ounces) low-fat lemon yogurt
- Fresh fruit to decorate cake (3 strawberries, 1 whole kiwi fruit, 6 grapes, 6 blueberries)

Instructions

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.

2. Select a watermelon about 9 inches in diameter. Cut a three to four-inch thick section from the middle of the watermelon. Cut four slits through the rind without cutting into the red part of the watermelon. Cut between the white rind portion and the red flesh to remove the rind. Pat the watermelon cake dry with a paper towel and place it on a flat serving plate.
3. Fold together the whipped topping and yogurt. Frost the top and sides of watermelon with the whipped topping mixture. Decorate as desired with fresh fruit.
4. Refrigerate until ready to serve. Can be stored for several hours or overnight.

Source: <https://www.azhealthzone.org/recipes/watermelon-cake/>

Strawberry, White Bean, and Edamame Salad



This tangy, crunchy, and sweet salad is the perfect side dish for any outing!

Yield: 6 Servings

Time: 25 Minutes

Ingredients

Vinaigrette

- 1½ cups strawberries
- 1½ tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- ¼ cup apple juice
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Salad

- 1½ cups shelled edamame
- 1 can low sodium white beans (drained and rinsed; 15 oz can)
- ½ cup red onion (chopped)
- 2 tablespoons chopped fresh basil
- ½ cup crumbled feta cheese
- 6 cups baby spinach

Instructions

1. Cook edamame according to package directions, while preparing the remaining ingredients.
2. Rinse under cool water and drain.
3. In a small bowl, whisk vinaigrette ingredients.
4. In a medium bowl, toss all ingredients except spinach and vinaigrette.
5. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach.
6. Drizzle with dressing.

Source: <https://snapedny.org/recipes/strawberries-white-bean-and-edamame-salad/>

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