



## Canned Peaches

Fruits taste great and are a healthy choice at meal time. Fruits contain vitamin C, vitamin A and fiber. Fruits are naturally sweet and are low in fat and calories making them a great dessert or snack choice!

### Nutrition Information

Peaches are part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid,  $\frac{1}{2}$  cup of peaches provides  $\frac{1}{2}$  cup of fruit from the fruit group.

A typical person should try to eat 2 cups of fruit every day.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened peaches in a tightly covered plastic container in the refrigerator.

**Use within 5 to 7 days!**

**Do not use canned fruit if can is rusted, bulging, or dented. Throw it away!**

### Uses

- Canned peaches are great as a healthy dessert served straight from the can. Pour syrup off of peaches before eating, save the syrup for other sauce recipes.
- Canned peaches are great in cakes, pies and cobblers.
- Add canned peaches to a gelatin dessert.



**Know how. Know now.**

# Recipes



## Angel Food Delight

12 servings

- |   |                                       |
|---|---------------------------------------|
| 1 (16 oz.) box 1-step<br>angel food cake mix  | low-fat whipped topping<br>(optional) |
| 1 (16 oz. or 20 oz.) can fruit,<br>packed in juice, such as<br>peaches, pineapple,<br>applesauce or other | fruit for garnish (optional)          |

1. Preheat oven according to directions on cake mix.
2. If using 16 oz. of canned fruit, add  $\frac{1}{2}$  cup water to fruit.
3. In a large bowl, mash the fruit if sliced or whole. A potato masher or pastry blender works well for this.
4. Add angel food cake mix to fruit. Stir just until blended. Do not over mix.
5. Bake and cool according to directions on package.
6. Serve with whipped topping and fresh fruit, if desired.

**Nutrition Information per Serving:** Calories 160, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 330 mg (14% DV), Total Carbohydrate 35 g (12% DV), Dietary Fiber 0 g (0% DV), Sugars 27 g, Protein 3 g, Vitamin A 2%, Vitamin C 2%, Calcium 4%, Iron 2%.



## Super Fruit Salad

14 servings

- |  |   |
|--|---|
| 1 (15.25 oz.) can peaches,<br>drained and diced        | 2 bananas, sliced                                   |
| 3 oranges, peeled,<br>sectioned and cut into<br>thirds | 1 c. low-fat yogurt, apricot<br>or any fruit flavor |
| 3 apples, cored and cubed                              | 1 T. honey  |
|  | $\frac{1}{2}$ tsp. ground cinnamon                  |
|  | $\frac{1}{4}$ tsp. ground ginger                    |

1. In a medium sized bowl, combine prepared fruit.
2. In a separate small bowl, combine yogurt, honey, cinnamon, and ginger.
3. Pour the yogurt mixture over the fruit. Mix well.
4. Refrigerate until ready to serve.

**Nutrition Information per Serving:** Calories 90, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (1% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 2 g (10% DV), Sugars 19 g, Protein 1 g, Vitamin A 4%, Vitamin C 35%, Calcium 4%, Iron 2%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

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