



## Baked Chicken with Peaches



- 2 skinless, boneless chicken breast halves
- 2 tablespoons brown sugar
- 1 fresh peach - peeled, pitted and sliced
- Pinch ground ginger
- Pinch ground cloves
- 1/2 tablespoon lemon juice

Place chicken in a lightly greased baking dish and sprinkle with 1 tablespoon brown sugar. Place peach slices over chicken, then sprinkle with remaining tablespoon brown sugar, ginger, cloves and lemon juice. Bake at 350 degrees for about 30 minutes, or until chicken is cooked through.

**For a delicious sauce:** Mix 1 teaspoon cornstarch with 1/4 cup cold water and pour mixture into cooking juices. Mixture will thicken and become a sauce to pour over chicken.

*Makes 2 servings*

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The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

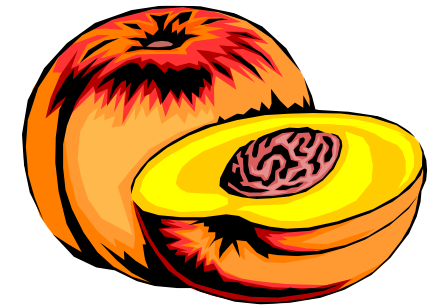
Senior FMNP: 1-800-422-3263

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Fresh-from-the-Farm:


## Peaches



**Washington WIC & Senior Farmers Market Nutrition Program**

*Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!*

## Selection & Preparation

- ◆ Look for bright, fresh looking peaches. The skin should be creamy or yellow with varying amounts of red blushing.
- ◆ Avoid shriveled peaches or green coloring which means they are either overripe or immature. 
- ◆ Do not store unripe peaches in the refrigerator or in plastic bags.
- ◆ Peaches are delicious fresh or cooked. Slices can be frozen for later use. Lemon juice will keep flesh from browning.
- ◆ Try adding slices to your yogurt, oatmeal, cereal or to a scoop of ice cream.

## Nutrition Facts

Serving Size: 1 Medium Peach

Amount Per Serving

**Calories: 40**

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Sodium 0 g</b>	<b>0%</b>
<b>Total Carbohydrate 11 g</b>	<b>4%</b>
Dietary Fiber 2 g	<b>8%</b>
Sugars 9 g	
<b>Protein 1 g</b>	
Vitamin A	<b>10%</b>
Vitamin C	<b>10%</b>
Calcium	<b>0%</b>
Iron	<b>0%</b>
Folate 3 mcg	<b>1%</b>
Potassium 193 mg	

## Key Nutrients

- ❖ **Vitamin A** - for resistance to infection, healthy skin and good vision.
- ❖ **Vitamin C** - to support healthy gums, skin and blood
- ❖ **Potassium** - to maintain a normal blood pressure.
- ❖ **Fiber** - to prevent constipation and help control blood sugar.

## Peach Melba

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



In a medium sauce pan combine peaches, water and honey. Cook over medium heat until the peaches are soft, about 5 minutes. Remove peaches with a slotted spoon and set aside to cool. In another 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. To serve, place a peach half in a dish and top with a scoop of frozen yogurt and then warm raspberry sauce.