

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

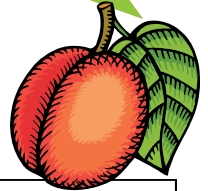
Nectarine

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What fruit is a species of peach that lacks the gene for fuzz?

NECTARINES!

- ◆ Nectarines are golden yellow with large blushes of red.
- ◆ They are in season in CT from July through September.
- ◆ Choose firm nectarines with smooth skin.
- ◆ Nectarines should be stored in a paper bag until ripe and then they can be stored at room temperature for 2 to 3 days.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Nectarines are a good source of foliate
- They contain no fat, sodium or cholesterol.
- A typical serving size is 1/2 cup, which contain about 30 calories.

PICK YOUR OWN!

- ◆ **Belltown Hill Orchards**
483 Matson Hill Road
South Glastonbury, CT
Phone: (860) 633-2789
www.belltownhillorchards.com



Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

Try these delicious, nutritious and healthy recipes!

Sante Fe Chilled Nectarine Soup

INGREDIENTS

- ♦ 2 lbs (8 small) nectarines cut up
- ♦ 1 cup apple juice
- ♦ 1 cup cranberry cocktail juice
- ♦ ½ tsp salt
- ♦ ½ tsp red pepper flakes
- ♦ 1 Tbsp balsamic vinegar
- ♦ ¼ cup fresh cilantro leaves
- ♦ Salt and Pepper to taste



DIRECTIONS

Combine nectarines with juices, salt, pepper flakes and vinegar in electric blender. Whirl until smooth and blended. Add cilantro leaves and whirl in a stop-and-go fashion a few seconds, just to chop. Serve chilled.

Caribbean Chicken

INGREDIENTS

- ♦ 1 teaspoon paprika
- ♦ 1 teaspoon onion powder
- ♦ 1 teaspoon garlic powder
- ♦ 1 teaspoon dried parsley
- ♦ 1/2 teaspoon dried oregano
- ♦ 1 teaspoon salt
- ♦ 1 teaspoon pepper
- ♦ 4 boneless, skinless chicken breast halves
- ♦ 1/4 cup sweet & sour sauce
- ♦ 1/4 cup marinara sauce
- ♦ 1 teaspoon hot sauce
- ♦ 3/4 cup grapefruit juice, divided
- ♦ 1 cup Italian seasoned bread crumbs

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Line a baking dish with parchment paper.
2. In a large bowl, mix together paprika, onion powder, garlic powder, parsley, oregano, salt and pepper. Toss with chicken breasts until evenly coated. In a bowl, combine sweet & sour sauce, marinara sauce, hot sauce and 1/4 cup grapefruit juice. Coat chicken evenly with sauce mixture. Place bread crumbs in a shallow dish, and dredge chicken until evenly breaded. Place chicken in baking dish. Place nectarine slices around the edge of baking dish.
3. Bake in preheated oven for 15 minutes. Turn the chicken, pour 1/2 cup grapefruit juice over chicken, and continue cooking for another 15 minutes or until done.

Adapted from: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!