



## Peaches, Freestone, Slices, Frozen

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of frozen peach slices counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Frozen peach are naturally low in fat, sodium, and calories and do not contain cholesterol.
- Frozen peaches have vitamin C. Vitamin C helps your body maintain healthy skin and gums.
- For specific information about frozen peach slices, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Frozen fruit can be used as a natural sweetener in baked items such as breads and muffins.
- Defrost frozen peach slices and serve them as a side dish at any meal.
- Add frozen peach slices to smoothies, on top of yogurt and granola, or fruit salads to add more variety.
- Frozen peach slices are individually-quick frozen, which means, you can open the package, take as much or as little as needed, close the bag and put the rest back in the freezer.
- Frozen fruit may be stuck together when removed from the freezer. Use your hands to break the frozen fruit apart before taking out the amount needed.
- Frozen peaches can be thawed in the refrigerator or they can be thawed during baking/cooking.

### Storing Foods at Home

- Store unopened frozen fruit in the freezer.
- For best quality, store unused portion (after opening) in a sealed air-tight container or freezer safe bag in the freezer to keep out moisture and reduce freezer burn.

### MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to 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.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



## USDA Foods

### Chicken Salad and Peach Sandwich

Makes 2 sandwiches

#### Ingredients:

- 4 slices whole grain bread
- 1/2 cup cooked or canned chicken, diced
- 1/2 cups thawed peach slices
- 1 small celery stalk
- 1/2 cup apples, chopped (any kind)
- 1 small onion
- 1 1/2 tablespoon low-fat mayonnaise
- 1 tablespoon chopped walnuts (optional)

**Directions:** Wash hands with soap and water.

1. Mix together the chicken, apples, peaches, celery, onion, walnuts, and mayonnaise in a small bowl.
2. Spoon mixture onto 2 slices of the bread.

*Recipe adapted from USDA Center for Nutrition Policy and Promotion*

### Peach Apple Crisp

Makes 8 servings

#### Ingredients:

- 12 frozen peach slices, thawed
- 2 medium apples, tart, peeled, sliced
- 1/2 teaspoon vanilla
- 1/4 teaspoon ground cinnamon
- 3/4 cup whole wheat flour
- 1/4 cup packed brown sugar
- 3 tablespoon margarine (chilled)

**Directions:** Wash hands with soap and water.

1. Preheat oven to 350°. Lightly grease 9x9x2 casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in the greased casserole dish.
3. Combine flour and sugar in a small bowl. Add small chunks of the margarine to the bowl and combine until the margarine is evenly distributed.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly brown and bubbly, about 20 minutes.

*Recipe adapted from USDA Center for Nutrition Policy and Promotion*