

A Perfectly Peachy Fruit Salsa

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(NAPSA)—Peaches, plums and nectarines from Chile bring a breath of summer to long winter months. Baked into cobblers and served warm from the oven, sliced over frozen yogurt and sprinkled with crushed vanilla wafers, or chopped and made into a spicy-sweet, colorful fruit salsa, Chilean fruits are a welcome addition to the winter fruit basket.



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Chilean Peach-Chipotle Salsa is refreshingly simple to make. Use it to dress up grilled or baked fish and chicken or serve it as an appetizer with toasted pitas. Fruit salsas are versatile and full of flavor and color, not to mention a healthy addition to any menu.

By including a mix of colorful fruits and vegetables—5 or more servings daily—in an overall diet that is moderate in total fat, and low in saturated fat, trans fat, and sugar, you can help maintain: a healthy heart, memory function, vision health, strong bones and teeth, healthy weight levels, and a lower risk of some cancers. Eating 5 to 9 servings of fruits and vegetables every day is as easy as slicing nectarines on your cereal and drinking a glass of orange juice for breakfast, eating a plum for a mid-morning snack, stirring peaches into low fat cottage cheese for lunch, snacking on baby carrots in the afternoon, and including sautéed spinach and coleslaw with dinner. Our 5 A Day The Color Way Plan divides fruits and vegetables into five color groups—blue/purple, green, white, yellow/orange and red. Simply choose from all the groups every day to enjoy the unique benefits each fruit and vegetable has to offer.

Thanks to the over 11 million cases of Chilean peaches, plums and nectarines that come by sea and air to American supermarkets each year, we have an abundance of outstanding fresh fruits to choose from during our long winter months. Choose peaches, nec-



tarines and plums that give slightly to palm pressure. Look for nectarines with yellow color and no hint of green on the skin. Ripe fruit should be eaten right away or stored in the refrigerator for up to one week. As with all fruits and vegetables, wash under running water before eating.

For more information on fresh fruits from Chile, go to www.cffausa.org. For more information about 5 A Day The Color Way, go to www.5aday.org and www.aboutproduce.com. Remember, Eat Your Colors Every Day!

Chilean Peach-Chipotle Salsa

- 2 cups diced ripe Chilean peaches**
- $\frac{3}{4}$ cup fresh lemon juice**
- $\frac{1}{2}$ cup diced red onion**
- $\frac{1}{2}$ cup diced red bell pepper**
- $\frac{1}{4}$ cup canned chipotle chili peppers, seeded and minced**
- $1\frac{1}{2}$ teaspoons minced garlic**
- $1\frac{1}{2}$ teaspoons toasted and crushed cumin seeds**
- 1 teaspoon minced fresh oregano**
- $\frac{1}{8}$ teaspoon each, salt and freshly ground black pepper**

Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Makes 6 servings.

Nutritional information per serving: calories: 47, total fat: 0.2g, saturated fat: 0g, % calories from fat: 4%, protein: 1g, carbohydrates: 12g, cholesterol: 0mg, dietary fiber: 2g, sodium: 82mg.