

# Delightful Food Ideas

## A Taste Of California Is Ripe For The Recipe Box

(NAPSA)—There's nothing quite like biting into a juicy peach or a flavorful plum at the peak of ripeness—except possibly enjoying these delicious fruits in a new collection of recipes available free to consumers.

*A Taste of California* is a full-color brochure featuring delicious new recipes created by chefs for the home cook. The brochure highlights the winners of a recipe contest in which chefs from across the United States and Canada were invited to submit recipes featuring California peaches, plums and nectarines in five categories.

A winner was selected in each category—breakfast, lunch, salad, dinner and dessert. The recipes are featured in the brochure along with photography and tips for ripening and handling peaches, plums and nectarines.

The recipes include grand prize winner Giandua Peaches, a dessert featuring California peaches, chocolate and mascarpone cream; Toasty Plum Pecan Waffles with Fresh Plums and Maple Syrup, made with both cooked and fresh plums; Phyllo Tart with California Nectarines, Smoked Chicken and Lime-Cumin Dressing, a lunch entrée that combines pastry and chicken with a tangy dressing and fresh nectarines; Spinach Salad with Nectarine Vinaigrette and Marinated Flank Steak, a hearty, colorful salad; and Almond Crusted Pork Loin with Peach Chutney, a dinner entrée using plums and peaches to jazz up traditional pork loin.

"These brand new recipes were created by very talented chefs, and the recipes really highlight the versatility of peaches, plums and nectarines," said Marilyn Dolan, consumer programs director for the California Tree Fruit Agreement, an organization that



**Toasty Plum Pecan Waffles with Fresh Plums and Maple Syrup is one of the winning recipes featured in *A Taste of California*, a recipe brochure available free to consumers.**

represents California's 2,000 peach, plum and nectarine growers. "Not only do the fruits add interesting flavors and colors to meals, but they're also full of health benefits."

Peaches, plums and nectarines, like other fruits, are often hailed for their heart-healthy qualities and cancer-fighting attributes, but a recent University of California-Davis study found that these three fruits are good sources of several phytonutrients (chemical compounds produced by plants) which act as antioxidants in the body. These compounds are critical to maintaining healthy skin.

"Whether eaten fresh or added to meals, plums, peaches and nectarines deliver needed vitamins and minerals to the body to keep skin looking radiant and the heart healthy," said nutrition expert and cookbook author Pat Baird.

The brochure is free upon request through the Web site at [www.eatcaliforniafruit.com](http://www.eatcaliforniafruit.com), or by mail at California Tree Fruit Agreement; P.O. Box 968; Reedley, CA 93654-0968.