

Food For Thought

TIPS ON TASTE, NUTRITION & HEALTH

Winter Fruit: Peaches, Plums And Nectarines

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(NAPSA)—To paraphrase the old saying about the British Empire, “The sun never sets on summer fruit.” Peaches, plums and nectarines, once a sure sign of summer, can now be found in supermarkets from early winter to the end of spring. This is the summer season in Chile and prime harvest for what are known to growers and shippers of peaches, plums and nectarines as “stone fruits.”

Thanks to a global agricultural economy, shoppers can choose from more than 400 produce items on a regular basis without regard for seasonality.

The wonderful taste of Chilean stone fruits is a testament to both the naturally perfect growing conditions and more than 30 years of attention to the highest growing, handling and shipping practices.

More than 11 million cases of Chilean peaches, plums and nectarines will come by sea and air to American supermarkets this year.

That's good news for Americans who eat less fruit in the winter. Increased availability of these popular fruits can help reverse this trend and get Americans closer to the minimum five servings of fruit each day.

Peaches, plums and nectarines are wonderful eating “as is,” sliced into fruit salad or added to yogurt and blended into a fruit smoothie.

People who eat at least five servings of fruit and vegetables a day are healthier than those who eat two or fewer servings. Stone fruits contribute antioxidant vitamins A and C as well as antioxidant phytonutrients.

Eating fresh peaches, plums and nectarines are always a treat, but I must confess they become even more special in the winter because they remind me of the warm days of summer.

Try this pork and peach recipe. I recently served it with sweet potatoes, broccoli, mixed green salad and baked apples for dessert. It was the centerpiece of a



wonderful evening with friends and they never knew they got their 5 A Day in one meal.

Pork Tenderloin In Peach Sauce

Makes 4 servings

Preparation Time: 30 minutes

- 1 teaspoon vegetable oil
- 1 pound pork tenderloin, trimmed and cut into $\frac{1}{4}$ inch slices
- ground black pepper
- 1 teaspoon butter or margarine
- 1 clove garlic, finely chopped
- $\frac{1}{4}$ teaspoon dried sage
- 1 12 oz. can reduced sodium chicken broth
- 1 tablespoon cornstarch
- 4 Chilean fresh peaches or nectarines, pits removed and sliced into wedges

Heat oil in frying pan on medium-high heat and sauté pork slices seasoned with pepper until done, about 2 minutes on each side. Remove pork to plate and keep warm. Add the butter, garlic and sage to pan and cook until garlic just starts to turn golden. Mix cornstarch and chicken broth and add to pan. Cook over high heat stirring constantly until sauce is thickened. Add fruit slices and cook just until heated. Arrange pork on plate with fruit slices and serve with sauce.

Nutrients per serving: Calories 209; Protein 25g; Fat 6g; Calories from Fat 26%; Carbohydrate 13g; Cholesterol 76mg; Fiber 2g; Sodium 217mg.



Note to Editors: Forty-first in a series of monthly 5-A-Day columns. Chilean “stone fruits” are available from early winter to the end of spring.