

# Can-Do PEACHES

## *Peachy Boneless Chops*

Servings: 4

### Ingredients

- 4 pork chops
- 2 cans (15-ounce) peach slices in light syrup, drained (save syrup)
- 1 tablespoon vegetable oil
- 2 tablespoons brown sugar
- Salt and pepper
- 1 teaspoon ground ginger (optional)

### Directions

1. Wash hands and surfaces.
2. Trim all visible fat from pork chops and season with salt and pepper to taste. Heat oil in skillet over medium heat. Brown chops in hot oil.
3. Combine peach syrup, brown sugar and ginger in a bowl. Pour over the browned pork chops and bring to a boil.
4. Add peaches to skillet and cook uncovered for 15 to 20 minutes, or until liquid is reduced and thick. Turn pork chops occasionally to ensure even cooking.
5. Enjoy! Refrigerate leftovers immediately.



## ***Peach Salsa***

Servings: 16

### **Ingredients**

- 1 can (15 ounce) peaches, drained and chopped
- 1 can (14.5 ounce) diced tomatoes, drained
- 1 bell pepper, chopped
- ½ cup chopped onion
- ¼ cup chopped fresh cilantro or 2 tablespoons dried
- 1 tablespoon lime juice
- ¼ teaspoon each salt and pepper

### **Directions**

1. Wash hands and surfaces.
2. Mix together peaches, tomatoes, bell pepper, onion and cilantro in a large bowl.
3. Add lime juice, salt and pepper, gently stir to mix.
4. Cover and refrigerate until ready to serve.



### **Additional cooking tips**

- For an extra kick, add cayenne pepper or diced jalapeno peppers.
- Serve with fresh vegetables, or tortilla chips
- Try with tacos, quesadillas, fish, chicken and more!
- Red bell peppers are the sweetest, and they go well with the peaches, but any color can be used.
- One large fresh tomato can be used in place of the canned tomatoes.

## ***Peach Sorbet***

Servings: 3

### **Ingredients**

- 1 can (16 ounces) sliced or halved peaches in heavy syrup
- 1 ½ teaspoons vanilla extract

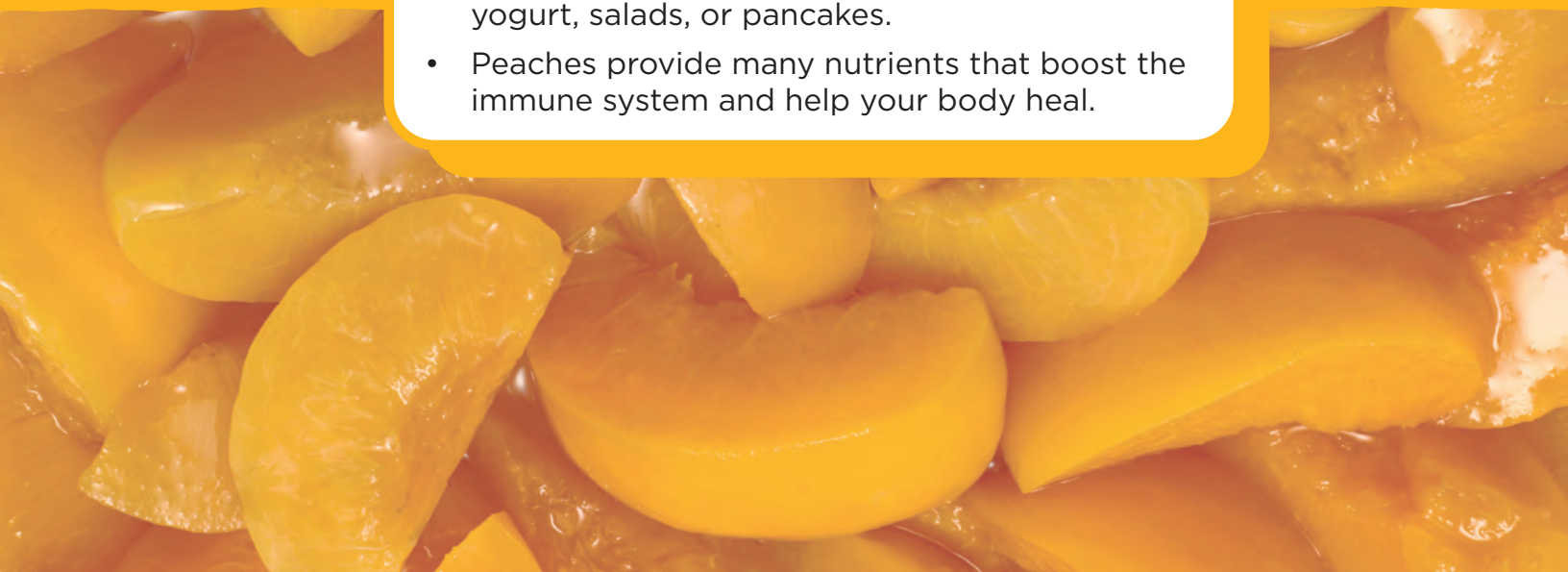
### **Directions**

1. Freeze the unopened can of fruit until frozen solid, roughly 18 to 24 hours.
2. Submerge the unopened frozen can in hot water for 1 to 2 minutes.
3. Open the can, and pour any thawed syrup into a big bowl.
4. Remove the other end of the can, and turn out the fruit onto a cutting surface. Cut peaches into chunks and add to the bowl. Mash with a fork and stir until smooth. Add vanilla and stir thoroughly.
5. Serve immediately, or spoon into a bowl, cover and freeze until ready to serve, up to 8 hours.



### **Tips for peaches**

- Top canned peaches with a box of yellow cake mix for a quick and easy peach cobbler.
- Remove extra sugar from peaches canned in syrup by rinsing them under cool running water.
- Add canned peaches to oatmeal, smoothies, yogurt, salads, or pancakes.
- Peaches provide many nutrients that boost the immune system and help your body heal.



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## ***Peachy Keen Flavored Water***

Servings: 6

### **Ingredients**

- 1 can (15 ounce) peaches, pureed
- 4 cups cold water
- 1 tray ice cubes

### **Directions**

1. Wash hands and surfaces.
2. Combine peach puree and water in pitcher.
3. Add ice cubes. Stir well and serve right away for best quality
4. Keep it cold to keep it safe and refrigerate any leftovers.

