

Summer Peach and Blueberry Trifle

1-1/2 cups cold fat free milk

1 package (4-serving size) vanilla flavor instant pudding

1 tub (8 ounces) light whipped topping

1 package (13 ounces) angel food cake, cut into 1/2-inch pieces

2 cups sliced peaches

1 cup blueberries

Pour milk into a medium bowl. Add pudding mix. Beat with wire whisk 1 minute. Gently stir in 3 cups of the whipped topping.

Place 1/2 of the cake cubes in a large serving bowl; top with 1/2 of the fruit. Spread pudding mixture over fruit; cover with the remaining cake cubes and fruit.

Spread remaining whipped topping over fruit.

Serves 10.

Nutrition information per serving: 183 calories; 40g total carbohydrate; 1g dietary fiber; 4g protein; 1g total fat; trace saturated fat; 2mg cholesterol; 261mg sodium



Peach-Pecan Ice Cream

3 cups whole milk

1-1/2 cups sugar

1 tablespoon vanilla

3 cups half-and-half

4 cups finely chopped, peeled peaches or 1 16-ounce package frozen unsweetened peach slices, thawed and finely chopped

1/2 cup chopped toasted pecans

In a very large mixing bowl combine whole milk, sugar and vanilla. Stir until sugar is dissolved. Stir in half-and-half. Stir in chopped peaches and toasted pecans.

Freeze in a 4- or 5-quart ice-cream freezer according to manufacturer's directions.

Makes 2 quarts (16 servings).

Tip: Ice cream can be prepared and frozen as above. Then remove dasher. Repack outer freezer bucket with ice and salt and ripen for about 4 hours.

Nutrition information per serving: 203 calories; 28g total carbohydrate; 1g dietary fiber; 3g protein; 9g total fat; 4g saturated fat; 23mg cholesterol; 41mg sodium



Spicy Stone Fruit

6 large fresh peaches, nectarines or plums, peeled (if desired), halved and pitted
1 medium lemon
1/2 teaspoon cayenne

Cut each half of fruit into chunks. Place fruit in medium bowl.

Juice lemon. Add juice and cayenne pepper to fruit in bowl. Mix well. Marinate fruit for 1 hour.

Serve fruit in small bowls garnished with mint, if desired.

Serves 6.

Nutrition information per serving: 47 calories; 13g total carbohydrate; 2g dietary fiber; 1g protein; trace total fat; trace saturated fat; 0mg cholesterol; 1mg sodium



French Toast with Peaches

1/2 cup dark brown sugar, packed
2 tablespoons butter or margarine
1 tablespoon water
3 large fresh peaches, peeled, cored and sliced
6 slices day old French bread
3 large eggs
3/4 cup fat free milk
1-1/2 teaspoons vanilla
1/2 teaspoon cinnamon



Spray a baking pan, large enough to hold bread slices in one layer, with nonstick vegetable spray.

Stir together sugar, butter and water in a small saucepan. Bring to a boil, then simmer 10 minutes, stirring often. Pour into prepared baking pan.

Arrange peaches atop sugar mixture in pan. Top with bread slices in a single layer.

Whisk together eggs, milk and vanilla. Carefully pour over bread. Cover tightly and refrigerate 8 hours or overnight.

Preheat oven to 350°F. Remove pan from refrigerator and allow it to sit at room temperature for 30 minutes. Sprinkle with cinnamon.

Cover pan with aluminum foil. Bake 20 minutes. Uncover. Bake 25 to 30 minutes longer, until golden brown.

Serves 6.

Nutrition information per serving: 244 calories; 38g total carbohydrate; 2g dietary fiber; 7g protein; 7g total fat; 3g saturated fat; 117mg cholesterol; 249mg sodium



Peach Soup

2 pounds fresh, ripe peaches

1/4 cup sugar

1 cup water

1/2 cup white wine (Sauvignon blanc or chardonnay) or white grape juice

Grated peel of 1 lemon

Bring a large pan of water to a boil. Blanch peaches 30 to 60 seconds in boiling water. Immediately immerse in ice water to stop cooking. When cool, drain and peel. Halve peaches, remove core and cut into chunks.

Dissolve sugar in 1 cup water and bring to a boil. Add sliced peaches and poach lightly. Remove from heat and cool.

Transfer peaches and cooking liquid to a blender and puree. Stir in wine or grape juice and lemon peel. Chill well.

Serve chilled.

Serves 4.

Nutrition information per serving: 144 calories; 37g total carbohydrate; 4g dietary fiber; 1g protein; trace total fat; trace saturated fat; 0mg cholesterol; 4mg sodium



Peaches—10 Quick Ideas



1. Make a parfait. Mix 1 tablespoon honey into a 6-ounce carton of plain yogurt. Layer the yogurt into a tall, narrow glass, with ¼ cup chopped peaches. Top with 1 tablespoon granola.
2. Top your breakfast cereal, hot or cold, with fresh or frozen chopped peaches.
3. Make peach tea or lemonade. Muddle fresh or frozen peaches in the bottom of a glass before pouring.
4. Add sliced peaches to a fresh salad. Try starting with fresh spinach, toasted walnuts, your favorite grated cheese, peach slices and a low-fat vinaigrette. Toss gently to protect the berries.
5. Mix finely chopped peaches into waffle or pancake batter or top them after cooking with the fruit.
6. Add them to pudding. For something special put a vanilla wafer in the bottom of an 8-ounce custard cup. Top with ½ cup vanilla or tapioca pudding. Spoon chopped peaches or a couple peach slices on top.
7. Mash together a ripe, mashed banana, ½ cup chopped peaches and a 6-ounce carton of fruit flavored yogurt. Spoon into muffin cups. Freeze well, then enjoy on a hot afternoon.
8. Replace the jelly on a peanut butter sandwich with very ripe, slices of fresh peach. Lean over a plate to catch any juice that escapes the sandwich.
9. Peaches taste great warm from the grill! Place them on kabobs with your other favorite fresh fruit or just grill some slices and enjoy!
10. Pick up a ripe juicy peach, lean over a rail to let the juice drip and snack away!