



WEEK 1:

Branch Out with Pomes & Drupes

POMES

Apples
Pears
Pomegranates
Quinces
Loquats
Rowans
Medlars
Crab apples

DRUPES

Peaches
Cherries
Plums
Nectarines
Apricots
Mangoes
Dates
Pecans

From increased energy to disease prevention, the health benefits of a diet rich in fruits and vegetables is undeniable. It has been linked to lower blood pressure, reduced risk of heart disease and stroke, cancer prevention, lowered risk of eye and digestive problems, as well as positive effects upon blood sugar.¹ In fact, the Dietary Guidelines for Americans and Myplate.gov recommends filling half your plate with fruits and vegetables.

Let's start this week out by adding Pomes and Drupes to our daily diet. Bonus points if you try something new!

What Are Pomes?

Fruits with a smooth skin and an enlarged fleshy area that surrounds a core.

What Are Drupes?

Fruits that contain a single seed or pit and surrounded by juicy flesh.

Resource: ¹ <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

Southern Grilled Peaches



Ingredients

4 medium ripe (yet firm) peaches
2T unsalted butter
½ cup pecans, toasted and crushed
½ teaspoon cinnamon
Dash sea salt
Vanilla frozen yogurt

Instructions

1. Preheat a grill or grill pan to medium heat. Make sure the grill is hot before adding the fruit, otherwise it will stick.
2. Halve and pit each peach, brush the cut side of the peaches with a little melted butter and grill cut-side down for 3-4 minutes, until char marks form.
3. In a small bowl, combine the pecans, cinnamon, and salt.
4. Remove the peaches from the grill, serve with vanilla frozen yogurt, and sprinkle with the pecan mixture.

** For a lighter, healthier version, skip the frozen yogurt.*