



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.

*Substitution: Use olive oil for vegetable oil for heart health benefits.

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Corn and Bean Sweet Salsa

Servings: 8

Ingredients:

- 1 can (15-ounce) black beans, drained and rinsed
- 1 can (15-ounce) peach slices packed in juice or water, drained
- 1 can (15-ounce) corn, drained
- 1 very small onion, finely chopped
- 1 tablespoon lime juice
- Serve with tortilla chips (optional)

Directions:

1. Cut peaches into 1/2-inch cubes.
2. Combine beans, peaches, corn and onion in a medium bowl. Stir in lime juice.
3. Enjoy! Refrigerate leftovers immediately.

*Substitutions: You can use orange juice instead of lime juice for a sweeter taste. You can add cilantro or canned tomatoes for a more bold taste.

Recipe adapted from the Canned Food Alliance,
www.mealtime.org



Southern-Style Loose Meat Sandwich

Servings: 4

Ingredients:

- 1 pound ground beef or ground venison
- 1 cup barbecue sauce
- 1 can (15-ounce) sliced peaches in juice, drained
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 hamburger buns

Directions:

1. Brown meat in a skillet over medium–high heat. Drain and discard fat, if any.
2. In a separate bowl, mash peaches with fork until pureed. Mix in barbecue sauce, Worcestershire sauce, salt and pepper.
3. Pour peach and BBQ mixture into skillet with browned meat. Cook until sauce is reduced to desired thickness.
4. Spoon meat mixture onto hamburger buns.
5. Enjoy! Refrigerate leftovers immediately.



Georgia Peach Lettuce Salad

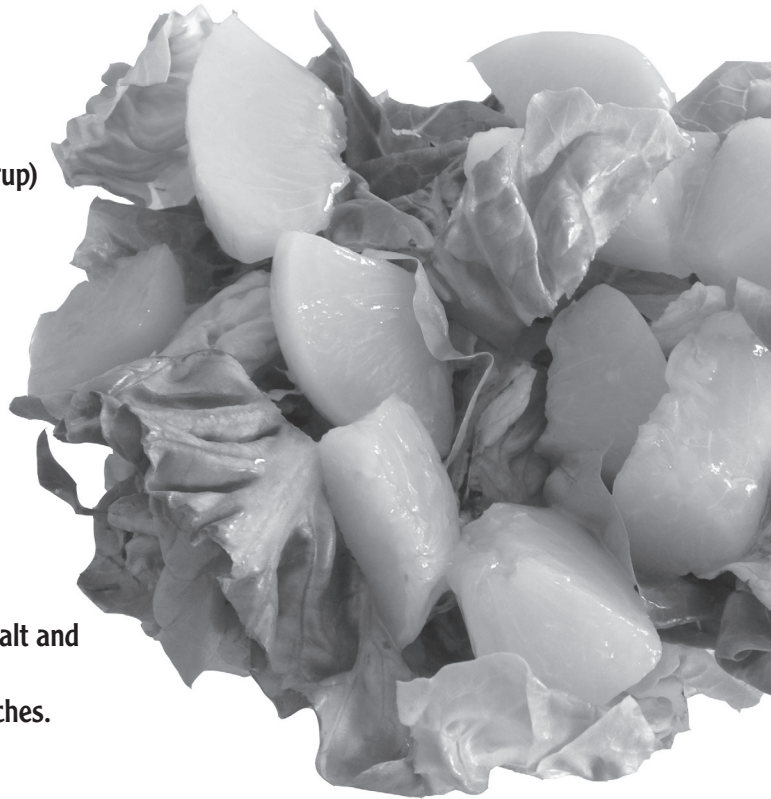
Servings: 4

Ingredients:

- 1 head of leaf lettuce (romaine, red leaf or spinach)
- 1 can (14.5-ounce) peaches in light syrup, drained (save syrup)
- 1 tablespoon oil
- 1 tablespoon of vinegar (cider, red wine or white)
- Salt and pepper

Directions:

1. Wash hands and surfaces.
2. Wash lettuce leaves by submerging them in a large bowl or in a sink full of cool water.
3. Dry greens completely to make sure that excess water has been removed.
4. Tear lettuce into pieces.
5. In a bowl, mix the vinegar, oil and saved peach syrup. Add salt and pepper to taste.
6. Mix the salad and dressing together and top with sliced peaches.
7. Enjoy! Refrigerate leftovers immediately.



*Substitution: The peaches can be canned in water, light or heavy syrup. The reserved syrups will have a different taste when mixed with oil and vinegar (heavy syrup will be a little sweeter, light syrup will have slight sweetness, and water will have more of oil and vinegar taste).

Additional Cooking tips:

- Dry greens completely. Excess water can dilute the flavor of your dressing and stops the dressing from clinging well to the lettuce.
- Avoid tearing greens in advance to maintain vitamin C levels and prevent early browning of leaves.

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 1/8 tablespoons	= 1/3 cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

COOKING TERMS

BLEND: to incorporate two or more ingredients thoroughly

CHOP: to cut solids into pieces with a sharp knife or other chopping device; finely chop is cutting solids into small pieces

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles



Peach Sorbet

Servings: 3

Ingredients:

- 1 can (16-ounce) 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.

Recipe adapted from the Canned Food Alliance,
www.mealtime.org

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