

Peaches can be used for more than pies



Everyone seems to have a favorite peach pie recipe, but don't limit Georgia's signature fruit to the dessert course. Here are a few alternatives:

Start out your day with peaches. Use them as a topping for corn flakes or other cold cereals. Instead of thinking of peaches as a topping for cereal, think of cereal as a topping for a bowl of peaches!

Add some peachiness to your morning juice. Puree ripe peaches in the blender and mix with orange or apple juice. The sweetness of fresh peaches complements the saltiness of country ham. If you are cutting down on sugar, there are recipes for peach jellies, jams and butters that use no added sugar or less sugar than traditional recipes.

For a satisfying low-fat lunch, mix peach slices with low-fat cottage cheese or yogurt. Mix peaches, blueberries, watermelon, cantaloupe and strawberries in fruit salads. Peach halves topped with blueberries and strawberries can be served as a colorful, non-fat dessert.

Try a peach-tomato salad. Toss tomato and peach wedges with Vidalia onion slices. Drizzle with cider vinegar and olive oil; season with sugar (optional), salt and pepper.

Slice a few peaches, freeze them and put them in a blender with low-fat yogurt for a healthy and refreshing smoothie. Experiment by adding a peeled frozen banana or using low-fat vanilla yogurt. Garnish your smoothie with slices of fresh peaches.

Grill'em. Halve a peach, place it face down, over medium-high heat on a well oiled grill or indoor grill pan. Grill for three minutes or until grill marks form, flip peaches and continue grilling for an additional two minutes. There are numerous variations on grilling. Experiment to find what you like best. You can coat them with brown sugar or honey and cinnamon for a low-fat alternative to peach pie. Grilled peaches are good on salads with balsamic vinegar and combine well with goat cheese or prosciutto.

For more peach recipes, visit www.gapeaches.org where you will find some tasty and innovative recipes including "Peach and Avocado Salad with Creamy Tarragon Dressing," "Grilled Peach and Arugula Salad with Fresh Goat Cheese" and "Grilled Fish Tacos with Fresh Peach Salsa."

-- Arty Schronce