

Your Health Matters

GRILLED PEACHES

It's August, and that means peach season has arrived in Missouri. Did you know peaches aren't native to Missouri? They aren't even native to the U.S. They were first found in China around 1000 BC. Peaches were introduced to Europe from the traders of The Silk Routes (China to the Mediterranean Sea 207 BCE - 220 CE). Next the Spaniards carried them to South America. Peaches entered the U.S. by way of the French in Louisiana. They were also brought to the "New World" by the English colonists.

Peaches are very nutritious. A 2 ¾" peach has less than 70 calories. It doesn't contain fat, cholesterol or sodium. Each peach has about 17 grams of carbohydrates, 3 grams of fiber, 11% of your daily Vitamin A need and 19% of your daily Vitamin C need.

Here is an easy recipe for **Grilled Peaches**.

Ingredients:

- Fresh peaches, halved and pitted
- Maple syrup, for brushing
- Butter, for grilling
- Pecans, chopped

Directions:

Brush peach halves with maple syrup. Smear butter on grill or grill pan over low heat. Place peaches on grill and cook over low heat for a few minutes, rotating them 90 degrees halfway through. Monitor the temperature, keeping it low enough so the maple syrup doesn't burn.

Remove peaches when they're slightly soft but not mushy and have great grill marks. Brush a little extra maple syrup over the tops. Serve them as a side dish or one of these other ways:

- over ice cream sprinkled with chopped pecans,
- over Greek yogurt topped with chopped pecans, or
- tossed in a green salad, sprinkled with pecans and crumbled blue cheese.

Montgomery County Health Department reminds you to eat at least five servings of fruits and vegetables a day to stay healthy. We hope this recipe becomes a favorite with your family.

To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

