

Pick a **better snack**[™] – THE COLOR WAY

NECTARINES

Wash. Eat. How easy is that?



Nectarines should have a bright color of deep yellow with a red blush. Fresh cut nectarines will darken when exposed to air. Preserve the color temporarily by dipping in lemon juice or a dilute lemon and water solution.

NECTARINE POCKET PIE (Makes 4 servings)

4 flour tortillas
2 Tablespoons brown sugar
2 nectarines, diced
1/8 teaspoon nutmeg
¼ teaspoon cinnamon
milk, sugar (optional)

Warm tortillas in microwave. Place 1/4 of the diced nectarines on half of each tortilla. In a small bowl, combine brown sugar, cinnamon and nutmeg. Sprinkle over nectarines. Use a little milk to moisten the outer edge of the tortilla. Fold the tortillas in half and press the edges together tightly. Place on an ungreased baking sheet and make small slits for steam to escape. Brush with milk and sprinkle with sugar, if desired. Bake in a 350° degree oven for 8-12 minutes or until lightly brown. Serve warm.

NECTARINE PINWHEELS

Toast a **whole wheat English muffin**. Spread a thin layer of lowfat or nonfat **vanilla yogurt** on each muffin half. Arrange **nectarine slices** on top in a spiral fashion. Enjoy!

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet help maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.