

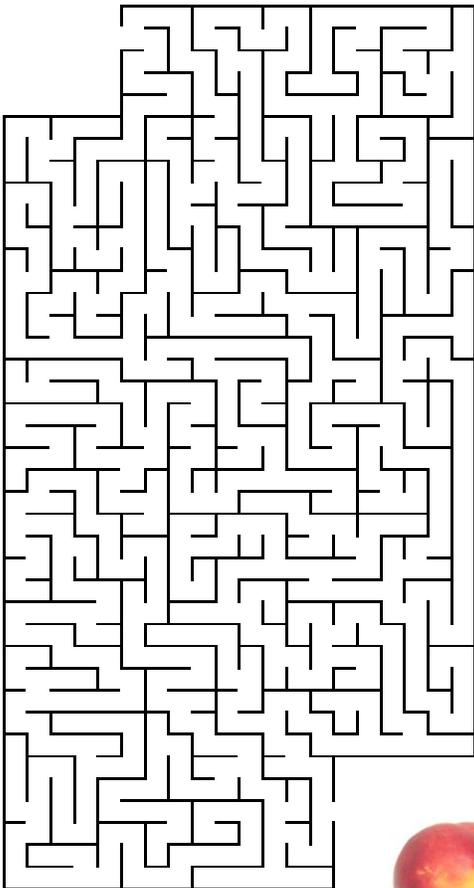
# Nectarines



## Fun Facts about Nectarines

- How can you tell a nectarine from a peach? Look for the fuzz! A nectarine will not have it, but a peach will.
- Nectarines belong to the same species as peaches.
- Nectarines likely originated in China over 2,000 years ago. They were grown in ancient Persia, Greece, and Rome. The Spanish introduced nectarines to the United States.
- California produces 95% of the nectarines grown in the United States. They are available from late April through late August. Nectarines from Chile are available in the United States from December through March.
- Like peaches, nectarine varieties include "freestone" and "clingstone" varieties. Freestone indicates that the flesh will easily come away from the pit, and clingstone types will cling to the pit.
- Nectarines are an excellent source of vitamins A and C.

*Find your way to the Nectarine!*



## Healthy Oat Nectarine Muffins

- 1 cup flour
- $\frac{3}{4}$  cup quick oats
- $\frac{2}{3}$  cup plus 1 tablespoon brown sugar, divided
- $\frac{1}{3}$  cup oat bran
- 2  $\frac{1}{2}$  teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$  cup low fat cream cheese
- 1 cup peeled, chopped nectarines, divided
- 1 cup skim milk
- 3 tablespoons vegetable oil
- 2 teaspoons vanilla extract
- 1 egg
- $\frac{1}{3}$  cup toasted, chopped walnuts

Preheat oven to 350° and spray muffin tin with non-stick cooking spray. Combine dry ingredients in a medium bowl, reserving 1 tablespoon brown sugar; mix well and set aside. Stir together cream cheese and reserved 1 tablespoon brown sugar. Fold in  $\frac{1}{4}$  cup nectarines. Combine milk, oil, vanilla and egg; add to dry ingredients, mixing just until dry ingredients are moistened. Lightly stir in remaining nectarines and nuts. Spoon  $\frac{3}{4}$  of the batter into muffin tin. Place a teaspoonful of cream cheese mixture in center of each, and then spoon remaining batter over the top. Bake for 20-25 minutes. Makes 12 muffins.