



Flank Steak with Grilled PPN Salsa

- 1 California peach, pitted
- 1 California plum, pitted
- 1 California nectarine, pitted
- 1 to 2 jalapeno peppers, stemmed and seeded
- 1/4 cup minced red onion
- 2 tbsp minced cilantro
- 1 tbsp lime juice
- 2 lbs flank steak
- 2 tsp garlic salt
- 1 tsp ground cumin
- 1 tsp oregano
- 1/2 to 1 tsp chipotle or ancho chili powder

Prep time:

15 minutes

Cook time:

20-25 minutes

Cut each piece of fruit into 8 slices. Place fruit and jalapenos on a well-oiled grill over medium heat and cook for a few minutes on each side to lightly char. Let cool, then chop and place in a medium bowl with onion, cilantro and lime juice. Stir to combine. Cover and refrigerate until ready to serve. Thoroughly tenderize the meat by pricking both sides with meat tenderizer or fork. Stir together garlic salt, cumin, oregano and chili powder in a small bowl and rub onto both sides of meat. Place on grill over medium heat and cook for 5 to 7 minutes on each side or until meat is cooked to your liking. Let stand for 5 minutes before thinly carving at an angle against the grain. Transfer meat and juices to a platter. Serve with grilled PPN salsa.

Makes 6 to 8 servings

Nutritional analysis per serving:

Calories: 320, Total Fat: 17g, Saturated Fat: 7g, Trans Fat: 0.5g, Cholesterol: 90mg, Sodium: 630mg, Carbohydrates: 7g, Fiber: 1g, Sugars: 4g, Protein: 35g, Vitamin A: 6%, Vitamin C: 10%, Calcium: 2%, Iron: 20%

Upside-Down Ginger-Pecan Peach Pie

- 1 cup flour
- 1/4 cup powdered sugar
- 1/4 cup chopped pecans, toasted
- 2 tbsp minced crystallized ginger
- 1 1/2 tsp cinnamon, *divided*
- 1/2 cup plus 2 tbsp softened butter, *divided*
- 4 California peaches, pitted and cut into 8 slices each
- 1 tbsp brown sugar
- 8 small scoops vanilla bean ice cream (*optional*)

Prep time:

15 minutes

Cook time:

25 minutes

Preheat oven to 325°F and lightly butter a loaf pan. Stir together flour, powdered sugar, pecans, crystallized ginger and *1 teaspoon* cinnamon. Add in *1/2 cup* butter and mix well to form a soft dough. Press into the bottom of prepared pan and bake for 25 minutes. Set aside to cool, then break into a rough crumble, leaving some larger and smaller pieces. Melt *remaining* butter and cinnamon in a large bowl in the microwave. Toss fruit in butter mixture then grill over high heat for about 1 to 2 minutes on each side to lightly brown. Remove from grill. Place ice cream in bowls, top with warm fruit and sprinkle with crumbled shortbread.

Makes 8 servings

Nutritional analysis per serving:

Calories: 260, Total Fat: 17g, Saturated Fat: 9g, Trans Fat: 0g, Cholesterol: 40mg, Sodium: 150mg, Carbohydrates: 26g, Fiber: 2g, Sugars: 11g, Protein: 3g, Vitamin A: 15%, Vitamin C: 6%, Calcium: 2%, Iron: 6%

** Source: Hearth, Patio and Barbecue Association*

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Connecting you with consumers of California peaches, plums and nectarines.





Whether you call it barbecuing or grilling, outdoor cooking is a delicious part of summer, and the sweet flavors of California peaches, plums and nectarines bring fresh and juicy choices to these warm-weather meals. From lively salsas to rich desserts, these summer fruits are a natural for the grill, where a quick cooking brings out juiciness and intensifies sweetness. Pick up some California peaches, plums and nectarines and fire up the grill to make your summer meals sizzle with flavor!

- *There's always a peach, plum or nectarine to fit your taste. Enjoy a juicy-ripe yellow peach or nectarine...or a white peach or nectarine, less tart and just as sweet when firm as soft.*
- *Peaches, plums and nectarines are a good source of Vitamin C.*



For more recipe ideas and nutrition information, visit www.eatcaliforniafruit.com

Grilled California Nectarine and Butter Lettuce Salad with Bacon and Pistachios

Spicy Nectarine Dressing

- 1 California nectarine, peeled and pitted
- 3 tbsp extra-virgin olive oil
- 3 tbsp sherry or champagne vinegar
- 2 tbsp honey
- 1/2 tsp salt
- 1/2 tsp cayenne pepper

Prep time:
15 minutes

Cook time:
about 15 minutes

Chill time:
1 hour

Salad

- 2 California nectarines, pitted
- 4 boneless skinless chicken breasts, flattened slightly
- Salt and pepper to taste
- 8 cups washed and torn butter lettuce, lightly packed
- 1/3 cup shelled pistachios
- 6 strips crisp, cooked bacon, crumbled
- 2 green onions, slice

Combine *all* dressing ingredients in a blender or food processor and puree until smooth. Cover and chill until ready to serve. Cut each nectarine into 8 slices. Place on a well-oiled grill over medium-high heat and cook for a few minutes on each side to lightly brown. Season chicken with salt and pepper; place on grill and cook for about 5 minutes on each side or until cooked through. Let cool.* Place lettuce in a large salad bowl. Cut chicken into bite-size strips and add to bowl with pistachios, bacon, green onions and dressing; toss well. Add grilled nectarines and toss again lightly.

Makes 6 servings

* Dressing, chicken and fruit may be made ahead and chilled for up to one day.

Note: For a spicier flavor, sprinkle chicken lightly with cayenne pepper before grilling.

Nutritional analysis per serving:

Calories: 340, Fat: 19g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 60mg, Sodium: 440mg, Carbohydrates: 19g, Fiber: 3g, Sugars: 13g, Protein: 24g, Vitamin A: 20%, Vitamin C: 20%, Calcium: 4%, Iron: 10%

Shrimp and Summer Fruit Kabobs

- 1/4 cup extra-virgin olive oil
- 2 cloves garlic, minced
- 2 tbsp chopped fresh herbs (*such as basil, marjoram, rosemary and thyme*)
- 1 California peach, pitted
- 1 California nectarine, pitted
- 1 California plum, pitted
- 1 lb large peeled and deveined shrimp
- 1 lemon, halved and thinly sliced
- Freshly ground salt and pepper to taste

Prep time:
10 minutes

Cook time:
about 15 minutes

Heat oil in a small skillet until very hot. Add garlic and cook briefly until aromatic; do not allow the garlic to brown. Remove from heat immediately and stir in herbs; set aside. Cut peach, plum and nectarine into 1-inch chunks and thread onto skewers alternately with shrimp and lemon slices. Brush lightly with garlic-herb oil. Grill over medium-high heat for 3 to 5 minutes per side or until shrimp is pink and cooked through. Remove from grill and drizzle with remaining oil.

Makes 4 to 6 servings

Nutritional analysis per serving:

Calories: 220, Total Fat: 12g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 175mg, Sodium: 320mg, Carbohydrates: 7g, Fiber: less than 1g, Sugars: 4g, Protein: 19g, Vitamin A: 10%, Vitamin C: 20%, Calcium: 4%, Iron: 15%

Grilling Facts*

- *Over 80% of U.S. households own a grill!**
- *The most popular holidays for barbecuing are July 4th, Memorial Day and Labor day - all great times for California peaches, plums and nectarines!*
- *In the U.S., grilling is most popular in the Northeast, followed by the North Central, Southern and Western regions.*