



Roasted Chilean Peach and Nectarine Salad

INGREDIENTS

4 Tbsp. unsalted butter
2 Tbsp. fresh lemon juice (from 1 lemon)
2Tbsp.honey
3 peaches, peeled, halved, pitted
3 nectarines, peeled, halved, pitted
6-oz. fresh mozzarella cheese, cut into
 1/2-inch cubes
2 cups arugula
2 Tbsp. extra virgin olive oil
1/4 tsp. salt
1/4 tsp. freshly ground pepper
6 prosciutto slices



INSTRUCTIONS

Preheat oven to 400°F. Combine butter, lemon juice, and honey in a small bowl. Microwave on HIGH 90 seconds or until butter is melted.

Place peaches and nectarines in a baking dish; pour over butter mixture, tossing to coat. Arrange, cut sides down, in a single layer.

Bake at 400° for 15 minutes, brushing with juices after 10 minutes. (If the juices begin to burn, add a little water and cover the pan loosely with foil.) Remove from oven, and turn peaches cut sides up. Place a cube of mozzarella cheese in center of each peach and nectarine half. Return to oven, and bake 5 more minutes or until cheese begins to melt. Reserve juices.

Toss arugula with olive oil, salt, and pepper. Arrange arugula on a serving platter, and top with prosciutto; top with peaches and nectarines. Drizzle peaches and nectarines with 1 to 2 tablespoons reserved pan juices.

SERVES 6; Prep: 20 min. Bake: 20 min.

NUTRIENTS PER SERVING

258 calories, 16 gms fat, 144 calories from fat, 7 gms saturated fat, 42 mg cholesterol, 572 mg sodium, 3 gms dietary fiber, 9 gms protein

Recipe from the Chilean Fresh Fruit Association



Fresh Grapes-Pear-Almond Stuffed Sweet Potatoes

INGREDIENTS

4 medium-size sweet potatoes (3 1/2 lb.)
3/4 cup sliced almonds
1/4 cup butter
1 Red Bartlett pear, chopped into 1/2-inch cubes
1/2 cup halved grapes
1/4 cup firmly packed brown sugar
1 Tbsp. honey
1/4 tsp. ground cinnamon

INSTRUCTIONS

Place potatoes on an aluminum foil-lined baking sheet. Bake at 425° for 1 hour to 1 hour and 15 minutes or until tender.



Heat almonds in a nonstick skillet over medium-low heat, stirring often, 5 to 7 minutes or until toasted. Remove from skillet.

Melt butter in skillet over medium-high heat. Add pears and grapes; sauté 2 to 3 minutes or until pear is tender. Stir in brown sugar, honey, and cinnamon. Remove from heat.

Cut potatoes in half lengthwise; scoop pulp into a large bowl, leaving shells intact. Add pear mixture to pulp in bowl; gently stir until blended. Spoon mixture into shells. Place on baking sheet.

Bake at 350° for 15 minutes or until thoroughly heated. Top with nuts.

SERVES 8

NUTRIENTS PER SERVING

211 calories, 10 gms fat, 90 calories from fat, 4 gms saturated fat, 15 mg cholesterol, 64 mg sodium, 4 gms dietary fiber, 3 gms protein

Prep: 20 min.; Bake: 1 hr., 25 min.; Cook: 12 min.

Recipe from the Chilean Fresh Fruit Association



Chilean Grape and Wild Rice Dressing

INGREDIENTS

1/4 cup butter
1 large onion, chopped
1 clove garlic, minced
6 1/2 cup chicken broth
2 cups uncooked wild rice
2 cups uncooked long grain rice
3 cup fresh red and green grapes, halved
1/2 cup chopped fresh parsley
1 1/2 cups toasted pecans, roughly chopped

INSTRUCTIONS

In a large saucepan, melt butter. Sauté onions and garlic. Add chicken broth. Bring to a boil. Add wild rice. Reduce heat to a simmer. Cover and cook 30 minutes. Mix in long grain rice; cover and simmer another 30 to 40 minutes. Until rice is tender and liquid is absorbed.

Remove from heat, stir in grapes, parsley and pecans. Season with salt and pepper.

Serve stuffing warm as a side dish or stuff in a Turkey.

SERVES 12

NUTRIENTS PER SERVING

285 calories, 15 gms fat, 135 calories from fat, 3 gms saturated fat, 12 mg cholesterol, 451 mg sodium, 3 gms dietary fiber, 9 gms protein

Recipe from the Chilean Fresh Fruit Association

