



## Easy Peach Cobbler

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<b>½ cup</b> whole wheat flour	<b>1½ cups</b> sugar (divided)	<b>1 tablespoon</b> lemon juice
<b>½ cup</b> all purpose flour	<b>1 cup</b> skim milk	
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> unsalted butter	<b>1 teaspoon</b> ground nutmeg or cinnamon
<b>1 pinch</b> salt	<b>4 cups</b> fresh peeled peaches	

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- 1. Preheat** the oven to 375° F. **Combine** the flour, baking powder, salt and  $\frac{3}{4}$  cup sugar in a large mixing bowl. **Add** the milk and mix only until the dry ingredients are wet.
- 2. Melt** the butter and **pour** into a 13 x 9 inch baking dish or pan. **Add** the flour mixture on top of the butter. Do not stir.
- 3. In** a saucepan, **heat** the peaches,  $\frac{3}{4}$  cup sugar and lemon juice until the sugar is dissolved and the peaches are coated. **Pour** evenly over the flour mixture. Do not stir. **Sprinkle** with nutmeg or cinnamon.
- 4. Bake** for 40 minutes or until crust is golden brown. **Remove** from oven and serve warm.

**Yield:** 12 servings.

**Nutritional Analysis:** : 190 calories, 8g fat, 5g saturated.fat, 80 mg sodium, 20mg cholesterol, 32g carbohydrate, 1g fiber, 24g sugar, 2g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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# Kentucky Peaches

**SEASON:** July through September.

**NUTRITION FACTS:** Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

**SELECTION:** Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are "freestones" (flesh separates easily from pit) and "clingstones" (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

**STORAGE:** Some peaches may need to be stored at room temperature to ripen. Fragrance is an indication of ripeness. Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

**PREPARATION:** One pound of peaches will equal 3

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

to 4 medium sized peaches, 2 cups sliced, or 1 ½ cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

## PEACHES

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

### July 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

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