

# Summertime Sweets.

SUCCULENT SOFT FRUITS HAVE ARRIVED

APRICOTS



CHERRIES



PLUMS



PEACHES



FIGS



NECTARINES



SERIOUS FOOD... SILLY PRICES

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## CHERRY SPINACH SALAD

### Dressing:

- 1/4 c. olive oil
- 1/4 c. red wine vinegar
- 2 t. honey
- 1/8 t. black pepper

### Salad:

- 5 c. cleaned torn spinach leaves, stems removed
- 1 Peach- pitted and cubed (remove skin)
- 1/2 c. cherries pitted and halved
- 1/2 c. thinly sliced red onion
- Crumbled feta cheese, if desired (optional)

1. For the dressing, combine oil, vinegar, honey and pepper in a medium bowl; mix well.
2. For the salad, combine spinach with peach, cherries and onion in a large salad bowl.
3. Spoon dressing over spinach mixture; mix to coat salad with dressing. Serve topped with feta cheese, if desired.

## GRILLED CHICKEN WITH NECTARINES

- 4 chicken breasts
- 4 nectarines
- 1 c. coarsely chopped, toasted pecans
- 4 to 8 oz. goat cheese
- Lettuce

### Dressing:

- 4 T. vinegar
- 4 T. walnut oil
- 4 T. olive oil
- Salt and pepper to taste

Grill chicken breasts and slice. Place bed of lettuce on four plates. Arrange chicken on lettuce with slices of nectarines. Crumble cheese over chicken and fruit, sprinkle with pecans. Mix dressing and drizzle over other ingredients.



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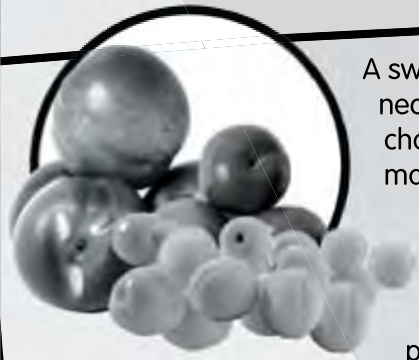
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A sweet snack: fresh peaches, plums and nectarines contain NO fat, sodium or cholesterol, making them ideal for maintaining heart health.

All three fruits are good sources of vitamin C and contain other important vitamins and minerals, including potassium, vitamin A and fiber.

Peaches, plums and nectarines also contain beneficial phytonutrients, antioxidants, and carotenoids. Peaches and plums are known to contain flavonoids.

Phytonutrients are thought to play a key role in human health. Currently, studies indicate that phytonutrients may help reduce the risk of chronic diseases, such as cancer, heart disease, arthritis and eye ailments.



Cherries are very low in saturated fat, cholesterol and sodium. They are also a good source of dietary fiber and vitamin C.

Cherries are packed with disease-fighting antioxidants. In fact, they have among the highest levels of antioxidants – containing about the same as blueberries.



Figs are loaded with nutrition; a combination of fiber, minerals, and nutrients that are unequaled by other fruits in nature.

Dried figs contain an impressive 250mg of calcium per 100g, compared to whole milk with only 118mg.



Fresh apricots are rich in vitamins A and C, riboflavin (B2) and niacin (B3), as well as minerals like calcium, phosphorus, iron.

Apricots are one of the best natural sources of vitamin A (especially when dried), which is essential for healthy skin and in maintaining sight.

## SUMMER FRUIT SALAD

- 3 vine-ripe tomatoes, diced
- 2 apricots - cubed
- 2 avocados - peeled, pitted, and cubed
- 1 orange bell pepper, chopped
- 1 c. fresh cherries (pitted and halved)
- 2 plums pitted and cubed
- 1 red onion, chopped
- 1/2 bunch cilantro, chopped
- 1/4 c. fresh lime juice
- 1/2 c. pineapple juice

Place the tomato, apricots, avocado, bell pepper, cherries, plums, onion, and cilantro into a large bowl. Pour the lime juice and pineapple juice overtop. Stir gently until evenly combined. Serve immediately for the freshest taste.

