

FUEL UP

# Nicely Done, Nectarines!

Just as nutritious and tasty as peaches (but without the fuzz), nectarines also have a firmer flesh that's great for grilling, chopped up in salads, or as a hand-held snack.

## SUMMER SALAD

Combine sliced firm nectarines, cucumber, diced red onion, and fresh basil leaves. Drizzle with oil and vinegar.

## GRILLED SWEETNESS

Cut firm nectarine in half, remove the pit, brush with vegetable oil, and grill until lightly browned.

## FRUITY SALSA

Combine diced nectarines, red onion, and jalapeño pepper. Mix in fresh lime juice and chopped cilantro. Goes great with fish tacos.

