How to eat Peaches:

- Add sliced peaches to your salad for a sweet crunch.
- Grilled peaches are a great healthy desert option! Pair with some frozen yogurt.
- Use fresh or frozen peaches to make a fruit smoothie. Or layer sliced peaches and Greek yogurt and top with granola for a great breakfast option.

Peaches are versatile fruits for eating, canning, and freezing. Its flavor varies depending on its color; yellow or white peaches are sweeter, while golden peaches are more acidic and sour. Peaches and nectarines are actually the same species, expect peaches have a fuzziness to their skin and nectarines have a smoother skin.

When choosing peaches, gently squeeze it to determine its ripeness, one with a slight give is ready to eat. Also, check for an even coloring of golden or creamy yellow, not pale.

A medium peach has only 59 calories, contains no saturated fat or cholesterol, 285mg of potassium and is a great source of fiber at 3 grams. Peaches also have vitamin A and vitamin c.

Vegan Chia Pudding with Peaches
Makes: 2 servings

Ingredients:
1 large peach
1/2 cup unsweetened soy milk
1/2 banana mashed
1 tsp vanilla
2 tbsp. chia seeds
1/2 cup rolled oats

Directions:
1. Cut the peach in half and remove the pit.
2. Chop the peach and save some for topping.
3. In a small bowl or jar, combine, mashed banana, milk, vanilla, chia seeds and oats. Mix in chopped peach.
4. Store in the fridge overnight.
5. In the morning top with remaining chopped peaches and drizzle with honey or agave if needed.

Nutrition Facts:
251 calories, 8g protein, 42g carbohydrate, 10g fiber, 16g sugar, 7g fat, 0mg cholesterol, 29mg sodium.
How to eat Mushrooms:

- Sautéed mushrooms are a great topping for burgers, sandwiches and in quesadillas. Use a Portobello mushroom in place of a burger patty for a great vegetarian burger.

- Add mushrooms to your pasta sauce or as a topping on pizza.

- Mushrooms are a great addition to vegetable stir-fry and soups.

Mushrooms are part of the fungi kingdom. Common mushrooms include shiitake, oyster, and classic white. Make sure to purchase mushrooms that are firm, with a fresh and smooth appearance. They should appear plump and dry. Store mushrooms in their original packaging for prolonged shelf-life.

Mushrooms are 90% water and so are low in calories, 1 cup has only 15 calories, 1g of fiber and 222mg of potassium. Mushrooms also have antioxidants to help with cancer prevention and the mineral selenium that plays a role in preventing cellular inflammation. Mushrooms also contain Vitamin D which is rare since we usually only get Vitamin D from the sun.

Vegetable stuffed Portabella Mushrooms

Makes: 4 mushrooms

Ingredients:
- 4 large portabella mushroom caps
- 2 tbsp. olive oil
- 1 large onion, diced
- 2 medium zucchini, diced
- 1 red bell pepper, diced
- 5 sun dried tomatoes, chopped
- 2 cloves garlic, diced
- Handful of spinach
- ¼ cup mozzarella cheese
- ¼ cup grated parmesan

Directions:
- Line a baking sheet with parchment paper and place portabella mushroom caps stem side up. In a pan over medium heat, add olive oil and onions, cook for a few minutes than add remaining veggies. Lastly add the garlic and spinach and cook for an additional minute, until spinach is wilted.
- Preheat oven to 375 degrees. Divide the veggie mixture between the 4 mushroom caps and top with mozzarella and parmesan. Bake for 10 -12 minutes. Cheese should be golden on top.

Nutrition Facts: 164 calories, 8g protein, 12g carbohydrate, 8g sugar, 10g fat, 3g saturated fat, 8mg cholesterol, 152mg sodium