

Peach Crisp

Brought to you by LIJ Valley Stream Hospital
Chef Russell E. Fincke and
Dietitian Cleopatra Tsanis-Tsimikas MS, RDN, CDN



Peach crisp made with farm stand peaches is a delightful summer dessert that combines juicy, ripe peaches with a crumbly topping of oats, graham crackers and cinnamon. Peaches contain vitamins A and C, fiber and antioxidants which support skin health, digestion and immune function!

Level: Easy Yield: 10 servings,

Prep time: 15 min **Cook Time:** 30 min

Serving tip: Top with whipped cream or some Greek Yogurt for added protein!

Ingredients

- 10 peaches ; pitted and sliced
- 1 tablespoon sugar
- 1 tablespoon corn starch
- ¼ teaspoon lemon juice
- 1 cup oats
- ¼ cup of graham crackers
- ¼ teaspoon of cinnamon
- 2 tablespoons of apple juice

Instructions

1. Mix the peaches, corn starch, white sugar and lemon juice.
2. Place the graham crackers, cinnamon and oats into a food processor. Mix until blended.
3. Place the graham cracker mixture into a bowl and add the apple juice, mix until all ingredients are wet.
4. Place the peaches into a baking pan. Distribute the graham cracker mixture evenly over the top. Cook at 350 degrees for 20 - 30 minutes. When done let sit for 10 – 15 minutes before using

Equipment needed: cutting board, knife, cast iron pan, food processor, bowl, wire whisk

Nutrition Facts per serving (1 Serving): 112 Calories, 0g total fat (0g saturated fat), 19 mg sodium, 24g carbohydrates (4g fiber, 14g added sugar), 3g protein

Gazpacho Southwestern Style

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This gazpacho is a nutrient-dense, refreshing soup that's packed with vitamins, antioxidants, and fiber. Tomatoes are rich in lycopene for heart health, while peppers provide vitamin C, and yellow squash offered vitamins A and C. This dish is a flavorful way to boost your vegetable intake on those hot summer days!

Yield: 1 gallon. **Number of Portions:** 20 servings

Prep time: 15 min **Cook Time:** 40 min

Ingredients:

- 1 lbs. Vidalia onions, sliced thick, grilled
- 1 lbs. Green peppers, deseeded & grilled
- 1 lbs. Red peppers, deseeded & grilled
- 1 Jalapeno, deseeded & grilled
- 1 lbs. Yellow squash, sliced thick, grilled
- 4 lbs. Tomatoes, halved, grilled
- 6 tablespoons Cilantro, chopped
- ½ cup Lime juice
- ½ cup Olive Oil
- 1 cup Red wine vinegar
- 1 quart Tomato juice
- 2 teaspoons salt
- 2 teaspoons Tabasco sauce

Instructions

1. Take the grilled vegetables and chop into small pieces
2. Add all the remaining ingredients, mix well and chill

Equipment needed: knife, cutting board, bowl, grill pan

Nutrition Facts per serving (1 Serving): 103 Calories, 6g total fat (1g saturated fat), 342 mg sodium, 29g carbohydrates (3g fiber, 5g added sugar), 2g protein