

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Peach Jam!



#### Ingredients:

- 2 large peaches (washed and pitted)
- 1 cup water
- 3/4 cup sugar

#### Preparation:

- Rinse, scrub and chop peaches into small pieces leaving the skin on.
- Place peaches, water and sugar in a medium sauce pan to cook partially covered on medium heat until the mixture boils.
- Reduce heat to low, uncover, and cook until reduced by half and syrupy (about 30 min)
- Take off heat to cool slightly then place in a food processor until smooth (10-15 sec).
- Place the jam in a jar and let it cool completely before placing the lid on and storing in the fridge.

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)