

**AUGUST'S
SUPERFOOD**

Nectarines

Elegant it isn't, the way the juice of a ripe nectarine dribbles down your chin as you slurp up every bite. But who cares?

They have vitamins A and D, calcium, and iron, plus cancer-fighting lycopene and eye-protecting lutein, says registered dietitian Ashley Koff, author of *Mom Energy*.

Eat them any way you can:

In a nutty pasta salad:

salad: Cook 1 cup whole-wheat orzo. Add 1 diced nectarine, ¼ cup chopped basil, and ¼ cup toasted sliced almonds. Toss with 2 Tbsp olive oil, the juice of a lemon, and salt and pepper. Serve warm or at room temperature.

In a sweet and spicy sauce:

In a saucepan over medium heat, bring 4 pitted, diced nectarines, ¼ cup water, 2 Tbsp brown sugar, 1 Tbsp lemon juice, and 1 tsp grated fresh ginger to a boil. Simmer 7 to 8 minutes, stirring occasionally and mashing some of the nectarine with a spoon. Serve over frozen yogurt, or on grilled pork.

Baked, for dessert:

Halve and pit 2 medium nectarines. Top each half with 1 tsp brown sugar and 1 tsp unsalted butter. Bake at 375°F until soft, 25 to 30 minutes. Top with crushed biscotti.

—Marygrace Taylor

**YUMMY
FOODS THAT
ARE EVEN
HEALTHIER
TOGETHER**



Oatmeal + orange juice

Oatmeal is packed with iron, but your body needs vitamin C (there's lots in O.J.) to absorb it, says registered dietitian Molly Morgan, author of *The Skinny Rules*.



Apples + purple grapes

The phytochemicals quercetin (in apples) and catechin (purple grapes have tons) work together to reduce blood clotting and heart-attack risk.



Cheese + whole-wheat crackers

The inulin in whole wheat could help boost your absorption of the cheese's calcium, making this a bone-building snack.



Salad + olive oil

You need the oil's fat to get the most from the veggies' carotenoids, which fight cancer, heart disease, and vision loss. —Rachel Rabkin Peachman