



No-Cook: Colorful Corn-Peach "Chaat" Salad + Juicy Peach "Lassi"

By Dylan Sabuco

Prep Time 15 / **Cook Time** 0 / **Serves** 4 - 6

Shopping List

- ☐ FRESH OR FROZEN
- ☐ 3 peaches OR 1 C frozen sliced peaches
- ☐ 1 corn cob for 1/3 C fresh kernels OR 1/3 C frozen corn kernels
- ☐ 1/2-inch piece ginger OR 1/4 tsp ground ginger
- ☐ DAIRY
- ☐ 1 C + 2 T plain whole-milk yogurt ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 1/3 can chickpeas ****(see allergy subs below)****
- ☐ 1 pinch curry powder
- ☐ 1/2 C granulated sugar
- ☐ 1 tsp vegetable oil ******
- ☐ HAVE ON HAND
- ☐ 1 C water

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Medium mixing bowl
- ☐ Wooden spoon

Ingredients

Colorful Corn-Peach "Chaat" Salad

- ☐ 1 peach (pitted) OR 1/3 C frozen sliced peaches
- ☐ 1 corn cob for 1/3 C fresh kernels OR 1/3 C frozen corn kernels
- ☐ 1/3 can chickpeas ****(for LEGUME ALLERGY sub 1 small diced zucchini)****
- ☐ 1 pinch curry powder
- ☐ 1 pinch granulated sugar
- ☐ 1 tsp vegetable oil ******
- ☐ 2 T plain whole-milk yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****

Juicy Peach "Lassi"

- ☐ 2 peaches (pitted) OR 2/3 C frozen sliced peaches
- ☐ 1 C plain whole-milk yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****
- ☐ 1 C water

□ 1/3 C granulated sugar

□ 1/2-inch piece ginger OR 1/4 tsp ground ginger

Food Allergen Substitutions

Colorful Corn-Peach "Chaat" Salad

Legume: For 1/3 can chickpeas, substitute 1 small diced zucchini.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free plain yogurt.

Juicy Peach "Lassi"

Dairy: Substitute dairy-free/nut-free plain yogurt.

Instructions

Colorful Corn-Peach "Chaat" Salad

chop + measure + mix

Start off by roughly chopping **1 fresh peach** (pitted) or **1/3 cup frozen sliced peaches** and placing them into a medium mixing bowl. Then, measure **1/3 can chickpeas** (drained) and **1/3 cup corn kernels** (cut the kernels off **1 corn cob** or use frozen) and add the corn to the bowl of peaches. Stir a few times to get all the ingredients mixed together.

measure + season

In a small bowl, measure **1 pinch of curry powder**, **1 pinch of sugar**, **1 teaspoon vegetable oil**, and **2 tablespoons plain yogurt**. Pour the mixture over the chopped peaches, corn, and chickpeas. Stir until everything is well coated in the seasoned mixture.

serve

This Colorful Corn-Peach "Chaat" Salad pairs perfectly with **Incredible Indian Chickpea "Korma" Stew** and **Juicy Peach "Lassi"**! If you want to chill the salad overnight, the flavors will become even better. Enjoy!

Juicy Peach "Lassi"

measure + pour

Start by chopping **2 peaches** (pitted), or measuring **2/3 cup frozen sliced peaches**, and placing them in the bottom of a blender or pitcher (if using an immersion blender). Then, pour in **1 cup plain yogurt**, **1**

cup water, 1/3 cup sugar, and 1/2 inch piece of ginger (whole pieces are fine) or **1/4 teaspoon ground ginger**.

blend + enjoy

Blend until extra smooth and creamy. This juicy Indian smoothie is the perfect way to wash down **Incredible Indian Chickpea "Korma" Stew** and **Colorful Corn-Peach "Chaat" Salad**.

Featured Ingredient: Peach!

Hi! I'm Peach!

"Did you know I'm related to almonds, apricots, cherries, and plums? We're all part of the Rose family! You may know my cousin, Nectarine, who has smooth skin compared to my fuzzy skin. We're both juicy and delicious summer fruits that are wonderful to eat whole or sliced and added to fruit salads and ice cream!

History & Etymology

Archeological evidence points to the peach's domestication in China as early as 6000 BCE.

In China, peaches are considered a symbol of good luck, protection, longevity, and friendship and are found in many Chinese paintings, poetry, and on porcelain as far back as 551 BCE.

China is the biggest producer of peaches worldwide, and Italy is the second largest.

Columbus brought several peach trees to America on his second and third voyages.

Spanish monks established the first peach orchard in Florida in the mid-1500s.

Georgia, also known as the Peach State, has many peach orchards, although California produces about 50 percent of all peaches in the USA.

Georgia claims it makes the "world's largest peach cobbler" at the annual Georgia Peach Festival. It measures 11 feet by 5 feet and uses 75 gallons of Georgia peaches.

The Guinness World Record for the largest fruit cobbler is a 2,251-pound peach cobbler made by Hampton Inn of Ruston, Louisiana, for the Louisiana Peach Festival in 2015. It used 819 gallons of peaches!

The peach is the official state fruit of both Georgia and South Carolina.

The word "peach" comes from late Middle English, from the Old French "pesche," from the medieval Latin "persica," from the Latin "persicum." These European derivations came from the belief that peaches originated in Persia (modern-day Iran). In fact, the scientific name for peach, "*Prunus persica*," means "Persian plum."

Anatomy

The peach is a member of the Rosaceae family and a close relative of almonds.

Peaches are stone fruit related to apricots, cherries, and plums. They have soft, fuzzy, pinkish-yellow skin, and their flesh can vary from almost white-yellow to almost red. Each peach has a pointed, furrowed, egg-

shaped seed in the middle, which either comes away easily (freestone) or is difficult to remove (clingstone).

A nectarine is a variety of peach that has smooth skin. Its skin is usually redder, and its flesh can be either white or yellow.

How to Pick, Buy, & Eat

It is an ideal snack between meals—eating a peach can give you the feeling of being full, so you will eat less, which is great for losing weight. An average peach contains about 35 to 50 calories and an insignificant amount of fat.

Peaches are best from June to the end of August.

A ripe peach will smell sweet and have a slight give when pressed, but squeeze very gently since the fruit bruises easily. It should be dark yellow with no green and have a round shape.

If a peach is not ripe when bought from the store, it will ripen at home if you leave it on a counter at room temperature. Refrigerate peaches to slow their ripening.

Peaches are a great snack fruit to eat whole, but you can also add sliced or cubed fresh peaches to hot or cold cereal, fruit salads, cakes, pies, cobblers, and ice cream. You might even try cutting them in half and grilling them.

Nutrition

Peaches are a moderate source of vitamin C, which helps your body heal and boosts immunity against disease. They also provide small quantities of vitamin E, niacin, potassium, and other vitamins and minerals.

Potassium helps maintain proper fluid levels inside cells, which helps maintain blood pressure. It also aids proper muscle function.

Yellow-fleshed peaches also supply some beta-carotene that converts to vitamin A in the body, which is good for eye health.

The dietary fiber in peaches aids digestion, and antioxidants help to protect cells by preventing oxidation.