



COOKING FOR WELLNESS

Pickled Peaches

Ingredients

- 6 cinnamon sticks (3 inches)
- 24 whole peppercorns
- 18 whole cloves
- 2 teaspoons thinly sliced fresh gingerroot
- 12 medium peaches, peeled, pitted and quartered
- 3 cups sugar
- 1 cup white vinegar
- 1 cup water



Instructions

- 1. Divide cinnamon sticks, peppercorns, cloves and ginger slices among 6 hot pint jars; add peaches.
- 2. In a large saucepan, bring sugar, vinegar and water to a boil. Carefully ladle hot liquid over peaches, leaving 1/2-in. headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight.
- 3. Place jars into canner with simmering water, ensuring that they are completely covered with water. Bring to a boil; process for 15 minutes. Remove jars and cool.

Nutrition Information

4 pieces: 78 calories, 0 g fat, 19g carbohydrate (17g sugars, 2g fiber), 1g protein 0 g sodium

Recipe from Taste of Home

Pickled Peaches Recipe: How to Make It (tasteofhome.com)



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