



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

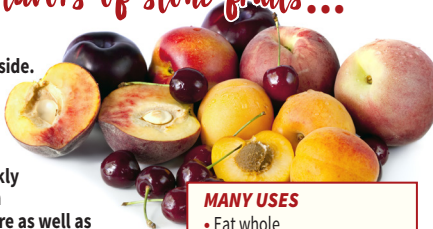
# Dietitian's Dish

*Nothing says summer quite like the sweet, juicy flavors of stone fruits...*

These are fruits with a pit (large hard seed) inside. Whether you prefer peaches, plums, nectarines, apricots or cherries — buy and eat them quickly when they're in season because they don't store as well as heartier fruits like apples and pears.

**RIPEN** at room temperature, with stem-end down.

**STORE** in the fridge for 2-3 days, once they're ripe. (Refrigerating unripe fruit may cause wrinkled skin and a mealy texture.)



## MANY USES

- Eat whole
- Cut and top salads
- Make into jams or sauces
- Bake with them
- Roast, sauté, or poach to enhance their sweetness

Adding stone fruit (or any seasonal fruits that may be on sale) to a dessert pizza is a delicious way to give your body the nutrients it needs. Plus, fruit helps you to stay better hydrated. Remember to add fruit in a rainbow of colors for the greatest nutrient boost! That same tip holds true when you're adding veggies to a savory pizza — top it with a rainbow of color!

## Dessert Fruit Pizza

### Ingredients:

- 1/3 cup cream cheese, softened
- 1/3 cup Galbani® ricotta cheese
- 1/4 cup toasted pecan pieces
- 2 Tbsps. packed light brown sugar
- 1 pizza dough ball (9 ounces), thawed if necessary
- 1 kiwi, peeled & chopped
- 1 small peach, pitted & chopped
- 1/3 cup hulled & quartered strawberries
- 1/4 cup blueberries
- 1 Tbsp. honey
- 2 tsps. chopped fresh mint



### Directions:

1. Preheat oven to 450°. Spray rimmed baking pan with nonstick cooking spray.
2. Roll dough into a 14-inch long oval; transfer to prepared pan. With fork, poke dough several times to vent. Bake 12 minutes or until crust is lightly browned; reduce temperature to 350°.
3. In small bowl, whisk cheeses, pecans and brown sugar.
4. Leaving a 1/2-inch border, spread crust with cheese mixture; top with kiwi, peach, strawberries and blueberries. Bake pizza 5 minutes or until edges are golden brown. Cut pizza into 8 slices; drizzle with honey and sprinkle with mint.

