

NECTARINE DEEP-DISH PIE

- 5 cups sliced nectarines (5 to 6 medium)
- 1/3 cup plus 1 1/2 teaspoons granulated sugar (divided use)
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon nutmeg
- 1/3 cup shortening
- 1/4 cup cold milk
- 1/2 cup orange juice
- 2 tablespoons cornstarch

A pound of nectarines will make 2 cups of slices, 1 3/4 cups diced or 1 1/2 cups of pureed fruit.

- 1/4 teaspoon cinnamon
- 1 teaspoon grated orange peel

Have ready a 9-inch pie pan or shallow pan of similar size. Toss together the nectarine slices and 1/3 cup sugar; let stand 5 to 10 minutes.

Heat oven to 400 F. Stir together the flour, 1 1/2 teaspoons of sugar, salt, baking powder and nutmeg. Using a pastry blender, cut in the shortening until particles are the size of peas. Sprinkle with cold milk, mixing to form a stiff dough. Shape into a ball. Roll out on floured board to fit pie pan or baking dish.

In a small bowl, stir together the orange juice, cornstarch, cinnamon and orange peel until cornstarch is dissolved. Place the sugar-covered nectarine slices in a 2-quart saucepan. Stir in the cornstarch mixture. Set pan over moderate heat and cook, stirring gently, about 1 minute. Remove from heat and turn into the pie pan.

Top with rolled-out pastry, folding edges under. Cut 4 or 5 slits in top to allow steam to escape. Bake 20 minutes or until filling bubbles at edges and crust is baked and golden brown.

Remove from oven and cool on wire rack. If desired, garnish with fresh nectarines slices. Serve warm or cold with cream. Makes 6 servings.

Nutrition data per serving: 295 calo-

ries, 44 g carbohydrates, 3 g protein, 12 g fat, 261 mg sodium, 4 mg cholesterol, 31 mg calcium, 37% calories from fat.

This is a colorful mixture to stir up for a party snack with crackers. Halve the ingredients for family use.

NECTARINE CHEESE SPREAD

- 2 cups chopped fresh nectarines (3 medium)
- 1 (8-ounce) package cream cheese, softened
- 1/4 cup white wine
- 1/4 teaspoon salt
- 10 ounces sharp Cheddar cheese, grated
- 1 teaspoon caraway seeds, optional

Prepare nectarines. Beat cream cheese until soft and creamy. Add wine and salt and continue beating until fluffy. Fold in the nectarines, Cheddar cheese and, if using, caraway seeds.

Mound on footed serving dish; cover and chill. Serve with crackers. Makes 16 servings.

Nutrition data per serving: 134 calories, 5 g carbohydrates, 5 g protein, 10 g fat, 178 mg sodium, 32 mg cholesterol, 134 mg calcium, 67% calories from fat.

When you're planning to make this for breakfast, put two glasses in the refrigerator for the night so they'll be chilled and ready.

BLENDER BREAKFAST

- 1 fresh nectarine
- 1 cup plain yogurt
- 2 tablespoons honey
- Dash of salt
- 1 cup skim milk
- Ground nutmeg or ginger

Dice nectarine into blender container. Add yogurt, honey, salt and milk; blend smooth. Pour into 2 chilled glasses; sprinkle with nutmeg or ginger. Makes 2 servings.

NECTARINE SUNRISE

- 4 fresh nectarines (divided use)
- 1 (6-ounce) can frozen limeade concentrate
- 2/3 cup tequila
- 3 cups crushed ice
- 1/2 cup grenadine syrup (divided use)
- Fresh mint sprigs

Coarsely chop 3 nectarines. In blender, combine nectarines, limeade and tequila; puree until smooth. Gradually add crushed ice, blending until slushy and mixture measures 5 cups.

Place 1 tablespoon of grenadine syrup in each of 8 stemmed glasses. Add nectarine mixture. Top each with mint sprig and nectarine slice on side of glass. Serve at once. Makes 8 servings.