

Peaches & Red Wine

I became infatuated with this combination in Puglia, Italy. Some friends arranged a horse-drawn wagon ride into the countryside. When we got to our destination, a table was set with a big jug of wine afloat with sweet, ripe peaches — with a little shot of Cointreau alongside. The fruit juices mingled with the wine and liqueur, giving new meaning to the term “fruit cocktail.”

INGREDIENTS:

Per Person:

- 1 ripe sweet juicy peach, peeled and pitted
- 1 glass lightly chilled red wine of choice
- Sugar (optional)
- Cointreau (optional)

INSTRUCTIONS: Slice peach into the glass of wine. Eat/drink it up.

Even better done ahead: Fill a large pitcher with wine and peaches. If needed, add a spoon or two of sugar and/or a shot or two of Cointreau. Cover and chill until ready to serve.

Serves 1

PER SERVING: 165 calories, 1 g protein, 14 g carbohydrate, 0 fat, 0 cholesterol, 8 mg sodium, 2 fiber.