



Savory Meets Sweet: Delight Your Tastebuds and Boost Your Health

Most people think of fruit as a breakfast or snack food, maybe something sweet to end a meal. But adding fruit into your savory dishes is a smart and satisfying way to get more nutrition—without overthinking it.

Fruit brings more than just flavor: it offers fiber, hydration, antioxidants, and natural sweetness that can balance spicy, salty, bitter, or rich foods. It also helps with weight management by adding volume and satisfaction to meals without piling on calories. A handful of grapes or sliced peaches on your plate takes up space that might otherwise go to a heavier side—and keeps you fuller, longer, thanks to water and fiber.

For many, the idea of eating fruit at lunch or dinner just isn't part of the routine. That's often a cultural habit, not a nutritional one. But it's worth shifting. Adding a serving of fruit to a savory meal can help crowd out less nutritious options, enhance satisfaction, and even reduce cravings later.

Think beyond the old-school pork chops and applesauce—let's take it up a notch with bold, balanced meals that celebrate the savory-sweet combo. If you're short on time, just slice up an apple, pear, or whatever fruit you have on hand and serve it alongside dinner—no prep required, and still a win for flavor and nutrition.

20 Savory Ways to Use Fruit in Meals:

1. **Grilled nectarines** tossed into an arugula salad with goat cheese and toasted almonds
2. **Diced mango** mixed into black bean tacos with lime and jalapeño
3. **Chopped dates** in a couscous or grain bowl with roasted carrots and harissa
4. **Fresh pineapple** stir-fried with bell peppers, tofu, and a ginger-soy glaze
5. **Figs** baked on a flatbread with caramelized onions and balsamic drizzle
6. **Chopped apple** stirred into butternut squash soup
7. **Roasted grapes** with Brussels sprouts and walnuts
8. **Sliced strawberries** on a spinach salad with avocado and balsamic vinaigrette
9. **Charred citrus** segments (like blood orange) on roasted fennel or fish
10. **Fresh cherries** tossed with farro, cucumber, mint, and feta
11. **Cranberries** cooked into wild rice with mushrooms and herbs
12. **Peach salsa** over grilled chicken or tofu
13. Diced **pear** and blue cheese in a whole grain wrap with arugula
14. Chopped **melon** and chili powder for a sweet-spicy topping on tacos
15. Avocado and **mango** salad with lime juice and a pinch of salt
16. **Shredded apple** in a slaw with cabbage, carrots, and vinegar
17. **Chopped oranges** added to lentil salad with parsley and red onion
18. **Banana** slices in a West African peanut stew
19. Roasted **plums** with eggplant and miso
20. **Citrus zest and juice** used in vinaigrettes, marinades, and grain dishes

Grilled Peach and Corn Salad with Quinoa and Basil Vinaigrette



Are you ready for summer peaches and corn? They're right around the CORN-er! Make the most of summer's bounty with this savory grain salad. Packed with fiber, color, and a hint of sweetness, it's satisfying enough for dinner and easy to prep ahead.

Ingredients: (serves 4)

- 2 ripe but firm peaches, halved and pitted
- 2 ears corn, husked
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 cup dry quinoa
- 1 cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced
- ¼ cup crumbled feta (optional)
- ¼ cup chopped fresh basil

Basil Vinaigrette:

- ¼ cup olive oil
- 2 tbsp red wine vinegar or lemon juice
- 1 small garlic clove, minced
- ¼ cup packed fresh basil leaves
- Salt and pepper, to taste

Instructions:

1. Cook quinoa according to package directions. Let cool.
2. While quinoa cooks, brush peaches and corn with olive oil. Grill over medium-high heat for about 2–3 minutes per side, until peaches have grill marks and corn is slightly charred.
3. Cut peaches into wedges and slice kernels off the corn.
4. In a blender or small food processor, blend vinaigrette ingredients until smooth.
5. In a large bowl, combine quinoa, grilled corn, tomatoes, onion, and basil. Toss with vinaigrette.
6. Gently fold in peach slices and feta, if using. Serve warm or chilled.