

Peach-Pineapple Spread

Note: This recipe may be made without sugar, according to taste or preference. You can substitute non-nutritive sweeteners, but if you use aspartame (a low-calorie nutritive sweetener), its sweetening power may be lost within three to four weeks.

Yield: 5 to 6 pints

Ingredients:

4 cups drained peach pulp
2 cups drained unsweetened crushed pineapple
¼ cup bottled lemon juice
2 cups sugar (optional)

Procedure:

Thoroughly wash 4 to 6 pounds of firm, ripe peaches (or nectarines or apricots or plums or a combination thereof). Drain well. Peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork. Do not use a blender. Place ground or crushed fruit in a 2-quart saucepan. Heat slowly to release juice, stirring constantly until fruit is tender. Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread. Combine the pulp, pineapple and lemon juice in a 4-quart saucepan. Add up to 2 cups of sugar, if desired, and mix well. Heat and boil gently for 10 to 15 minutes, stirring often. Fill quickly into jars, leaving 1/4-inch headspace. Adjust lids and process for 15 minutes (half-pint jars) at altitudes of 1,000 feet or lower and 20 minutes for higher elevations. For pint jars, process 20 minutes at altitudes of 1,000 feet or lower, 25 minutes at altitudes of from 1,000 to 3,000 feet and 30 minutes for higher elevations.

Even with added sugar, this spread provides only about 35 calories and zero fat per tablespoon. A tablespoon of butter or margarine, on the other hand, provides about 100 calories and nearly 15 grams of fat.

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