RECIPE

Peach Salsa

A refreshing sweet salsa that can easily have a kick with cayenne pepper or diced japaleno peppers.

Makes: 16 servings (2 cups)

Prep Time: 15 minutes

Source: foodhero.org/recipes, peach salsa

Small Changes, BIG Difference!

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Ingredients

- 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- ½ cup chopped onion (½ medium onion)
- ½ cup chopped cilantro
- 1 tablespoon lime juice
- ¼ teaspoon each salt and pepper

Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

Utensils Needed

- Large Bowl
- Measuring Spoons
- Measuring Cups
- Cutting Board
- Sharp Knife
- Mixing Spoon

Nutrition Information

Serving Size: 2 Tablespoons

Nutrients	Amount
Calories:	20
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	40 mg
Total Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	0 g
Vitamin D	0 mcg
Calcium	3 mg
Iron	0 mg
Potassium	67 mg

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