

Peach Salsa

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

Makes: 16 servings (2 cups)

Prep Time: 15 minutes

Source: foodhero.org/recipes, peach salsa

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 (1/2 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



Small Changes,
BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



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

SHOPPING LIST

Average total cost without oil and seasonings: \$5.23

Average cost/serving: \$.33

Makes: 16 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Cilantro Bunch



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Fresh Tomato



Add 1 to Cart
Fresh Bell Pepper



Add 1 to Cart
100% Lime Juice 15 Fl oz



Add 1 to Cart
Canned Peaches in 100%
juice 15 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Leftover Tips

- Not sure what to do with extra onion? Check out snapedny.org, here you will find great recipes such as : Pumpkin and Bean Soup, Stuffed Green Peppers, Cowboy Salad and many more.
- Unused cut onion can be stored in the refrigerator for 7-10 days. To keep them even longer they can be frozen in a resealable bag.
- Fresh Cilantro can be stored in the refrigerator for 7-10 days. Better yet it can be used for any fresh salsa you enjoy!