



Fresh Peach Salsa



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Recipe provided by Chris Flood, Bronson nutrition educator. **Serves 4**

Ingredients

- 4 medium peaches, ripe but still firm
- 1 jalapeño pepper, seeded and diced
- 1 poblano pepper, seeded and diced
- ¼ cup diced onion
- ¼ cup chopped fresh cilantro
- 2 large garlic cloves, finely minced
- Juice of 2 fresh limes
- Salt and pepper

Directions

1. Combine all ingredients in a medium size bowl.
2. Mix well but not too roughly.
3. Serve immediately or chill and use within 24 hours.

Fresh Tip

Gently press or squeeze the shoulder and tip (where the stem was) of the peach. If it just starts to give, it's ripe and ready to eat. For this salsa, use peaches that are slightly firm. Store peaches at room temperature, stem side down.

Nutrition Information (per ½ cup serving)

72 calories, 0g fat, 0g saturated fat, 18g carbohydrate, 2g protein, 3g fiber, 50mg sodium