



Peach Salsa

6 Servings • 1 Serving = ¼ Cup

Recipe from Sonoma Express by Connie Guttersen, RD, PhD

INGREDIENTS

- 1 cup peaches, peeled and cut in ¼" chunks
- ¼ red onion, finely chopped
- ½ red bell pepper, finely chopped
- ½ jalapeño, finely chopped
- 1 Tablespoon cilantro, chopped
- 1 Tablespoon mint, chopped
- 2 Tablespoon lime juice
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Combine all ingredients in a bowl and gently mix.
2. Let sit for 5 minutes for flavors to mix.

Nutrition Facts

6 servings per container
Serving size 1/4 cup

Amount per serving
Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 64mg 2%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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