

# Fresh Peach Salsa

*Serves:* 6

*Serving Size:* 1/2 cup

## Ingredients:

- 2 peaches, pitted and cubed
- 1 ripe tomato, cored and cubed
- 2 tablespoons hot pepper, diced
- 1/4 cup diced onion
- 1 tsp vinegar
- Optional garnish: chopped cilantro

## Directions:

Combine all ingredients in a large bowl and toss gently. Serve immediately or refrigerate for up to 4 hours before serving.

## Nutrition Information:

This recipe makes 6 servings. Each serving has 26 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1 mg sodium, 6 g carbohydrate, 1 g fiber, 5 g sugar, and 1 g protein.

Each serving also has 6% DV vitamin A, 13% DV vitamin C, 0% DV calcium, and 0% DV iron.

## Chef's Tips:

Some people have a strong aversion to cilantro, claiming that it tastes “soapy.” Others love it, insisting that it has a fresh and lively flavor. Try it for yourself and decide!



## Cooking Lesson:

Welcome to the garde manger, a perfect place to practice your knife skills!

## Nutrition Lesson:

Peaches are a source of niacin, which helps maintain the right levels of triglycerides in your blood.