

# Speedy Spicy Summer Salsa



## **Peach Salsa**

*Serves: 6 | Serving Size: 1/2 cup*

### *Ingredients:*

2 peaches, cored and cubed  
1 ripe tomato, cored and cubed  
2 tablespoons hot pepper, diced  
1/4 cup diced onion  
1 teaspoon vinegar  
Chopped cilantro (optional)

### *Directions:*

Combine all the ingredients in a large bowl and toss gently.

Serve immediately or refrigerate for up to 4 hours before serving.

### *Nutrition Information:*

Serves 6. 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 sugars, and 1 g protein.

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

### *Chef's Tips:*

This salsa is the perfect topping for grilled chicken or fish.

It's also great when served as a dip for chips.

Use a mild peach vinegar for an extra boost of flavor.

The hot pepper controls the heat of the salsa, so use less (or switch in a bell pepper) for a milder salsa. You can also increase the amount of spice with a larger serving of diced hot peppers.

**BROUGHT TO YOU BY:**