

SWEET HEAT PEACH SALSA

Ingredients

- 3 large peaches
- ½ a medium red onion
- ½ a red bell pepper
- 1 medium tomato
- 1 jalapeno
- 1 cup chopped cilantro
- ¼ cup fresh lime juice (1-2 limes)
- Salt and pepper to taste
- 1/4 teaspoon chipotle powder – (optional)

Instructions

1. Wash and finely dice all produce. Place in a medium bowl.
2. Add lime juice, salt, pepper, and chipotle powder if desired. Adjust as needed for desired flavor.
3. Enjoy with baked tortilla chips or on top of grilled fish tacos!

Nutrient Breakdown

Servings vary (breakdown is for entire recipe)

200 calories

2 grams fat

45 grams carbohydrates

6 grams protein

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