

Fresh Peach Salsa

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

Ingredients	Quantity	Measure
Peaches, Fresh, diced	6	cups
Tomatoes, Roma, diced	3	cups
Red Bell Pepper, diced	1	cup
Jalapeno, minced	3-4	each
Mango, Fresh, diced	2	cups
Onion, Red, finely diced	1	cup
Cilantro, chopped	1	cup
Lime Juice	¼	cup
Salt	1	Tbsp.
Black Pepper	1	tsp.

Preparation

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and chill 2 hours to overnight for a better blend of flavors.

Serving Information/Notes

This salsa works with grilled eggplant, asparagus, or corn. It can also be used as a marinade for vegetables, tofu, seitan, or tempeh that you want to grill.

Nutrition Information

*From USDA Nutrient Database

Calories: 74 Total Fat: 0.5g Saturated Fat: 0.1g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15.8g Fiber: 2.8g Total Sugar: 12.6g Protein: 1.7g Sodium: 585.5mg Vitamin A: 69µg Vitamin C: 44.4mg Calcium: 19mg Iron: 0.5mg Folate: 31µg