

Peach Salsa

Adapted from Allrecipes.com

Ingredients:

Serves: 4

Prep: 20 minutes Ready in 50 minutes

2 fresh peaches, peeled, pitted and diced
1 jalapeno pepper, seeded and minced
1/2 red onion, minced
1/2 red bell pepper, minced
1/4 cup chopped fresh cilantro
2 garlic cloves, grated
1/2 lime juiced
1/2 lemon juiced
Salt and pepper to taste

Directions:

1. Combine all ingredients and gently mix together.
2. Cover and refrigerate 30 minutes before serving

Tips & Facts:

- ✓ Use as a topping for grilled chicken or fish
- ✓ Serve with whole grain tortillas
- ✓ Use herbs of your choice or other fruits such as pineapple



Nutrition Facts (per serving):

Calories: 34; Carbohydrates: 9.4 g; Total Fat:.2g; Protein: .7g; Fiber: 1.6g; Cholesterol: 0mg; Sodium: .6mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
peaches	.79 each	\$1.58
Jalapeno pepper	.25 each	.25
Red onion	.89 each	.45
Red bell pepper	1.99/lb.	.99
cilantro	.99/bunch	.50
lime	.25 each	.13
lemon	.99 each	.50
TOTAL	\$6.15	\$4.50
		Cost per Serving: \$1.12

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