

COOKING FOR WELLNESS

Homemade Peach Salsa

Ingredients

- 1 lb. tomatoes, diced
- 1 bell pepper, finely diced
- 1 to 2 jalapenos, seeded and finely diced
- 1 medium red onion, finely diced
- 1½ lbs. peaches, thawed diced (going to use frozen)
- 1/2 bunch cilantro, chopped or cilantro paste/freeze dried
- 2 Tbsp lime juice
- ½ tsp salt or to taste
- ¼ tsp freshly ground black pepper or to taste



Instructions

1. Chop tomatoes and transfer them to a large bowl.
2. Finely chop seeded bell pepper, jalapeños, and red onion and transfer all your veggies to the bowl.
3. Cut up thawed peaches into smaller pieces if needed. Fine to use fresh and no need to peel.
4. Add ½ bunch chopped cilantro, 2 Tbsp lime juice, 1½ tsp salt and ¼ tsp pepper. Add more salt and pepper to taste if desired. Fold everything together until well mixed and enjoy!

Nutrition Facts

Recipe makes 6 servings

1 serving provides:

51 calories 0 fat 12 g carb 3 g fiber 1.5 g protein and 25 mg sodium



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