



Peach Tomato Salsa

Yields 5 servings (½ cup each)

Ingredients

- 3 tomatoes, chopped
- 3 tomatillos with paper-like husk removed, chopped
- ½ green bell pepper, chopped
- ½ cucumber, unpeeled, chopped
- 2 peaches, chopped
- 1 red onion, chopped
- 2 tablespoons fresh lime juice
- ½ cup cilantro, chopped
- ¼ teaspoon black pepper, optional
- 1 jalapeño pepper, chopped small, optional

Instructions

1. Add all chopped vegetables to a large bowl. Add fresh lime juice and mix well.
2. Mix in fresh cilantro and black pepper.
3. Serve immediately or keep refrigerated.

Helpful Information

- Try adding mango, pineapple or nectarines for a different fruity flavor.
- Grate in carrots or other market fresh vegetables.
- Salsas are healthy delicious dips for whole wheat pita bread or tortilla chips.
- Top pork chops, chicken, or fish with salsa after its cooked or while its cooking.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Salsa de Durazno y Tomate

Rinde 5 raciones (1/2 taza cada una)

Ingredientes

- 3 tomates, picados
- 3 tomatillos con la cáscara removida, picados
- 1/2 pimiento verde, picado
- 1/2 pepino, sin pelar, picado
- 2 duraznos, picados
- 1 cebolla roja, picada finamente
- 2 cucharadas de jugo de lima fresco
- 1/2 taza de cilantro fresco, picado
- 1/4 cucharadita de pimienta negra, si desea
- 1 jalapeño, picado finamente, si desea

Instrucciones

1. Agregue todos los vegetales cortados en un tazón grande. Agregue el jugo de lima fresco y mezcle bien.
2. Mézclelo con cilantro fresco y pimienta negra.
3. Sirva inmediatamente o mantenga refrigerado.

Información Útil

- Trate de agregar mango, piña, o nectarinas para un sabor diferente de fruta.
- Ralle y agregue zanahorias, nabos u otros vegetales frescos de la marqueta.
- Las salsa son dips deliciosos saludables para pan de pita integral o los chips de tortilla.
- Ponga esta salsa sobre chuletas de puerco, pollo, o pescado después que están cocidos o mientras se cocinan.

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