



## Peach Tomato Salsa

### Ingredients:

- 3 ripe tomatoes (2 cups chopped)
- 3 tomatillos with outer covering removed (chopped small)
- ½ green bell pepper (½ cup chopped small)
- ½ cucumber, unpeeled (½ cup chopped small)
- 2 peaches (1 cup chopped)
- ½ red onion (½ cup chopped small)
- 2 tablespoons jalapeno pepper, seeds removed and chopped small (optional)
- 2 tablespoons fresh lime juice
- ⅓ cup fresh cilantro, chopped
- Salt and pepper, if desired

### Directions:

1. Add all chopped vegetables to a large bowl. Add fresh lime juice and mix well.
2. Gently stir in fresh cilantro.
3. Add salt and pepper, if desired.
4. Serve immediately or keep refrigerated.

*Yields about 8 servings*

**Source:** Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: ½ cup (108g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	30	Calories from Fat	5
% Daily Value *			
<b>Total Fat</b>	<b>0g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>0mg</b>		0%
<b>Total Carbohydrate</b>	<b>6g</b>		2%
Dietary Fiber	1g		4%
Sugars	4g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	10%	Vitamin C	30%
Calcium	2%	Iron	2%
* 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:	2000	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
<b>17% calories from fat</b>			



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

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