



Cornell University
 Cooperative Extension
 New York City



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 it's cooked or while its cooking.

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	5 servings
Serving size	½ cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 245mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

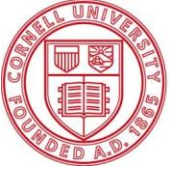
Label analysis based on ingredients listed.

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

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

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Salsa de Durazno y Tomate

Rinde 5 raciones (½ taza cada una)

Ingredientes

- 3 tomates, picados
- 3 tomatillos con la cáscara removida, picados
- ½ pimiento verde, picado
- ½ pepino, sin pelar, picado
- 2 duraznos, picados
- 1 cebolla roja, picada finamente
- 2 cucharadas de jugo de lima fresco
- ½ taza de cilantro fresco, picado
- ¼ 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 darle un sabor diferente de fruta.
- Ralle y agregue zanahorias, nabos u otros vegetales frescos de la marqueta.
- Las salsas son dips deliciosos y saludables para pan de pita integral o los chips de tortilla.
- Ponga esta salsa sobre chuletas de puerco, pollo, o pescado después de haberlos cocinado o mientras se cocinan.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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