

The Art of Cuisine



Peach Mango Salsa

Pair this sweet and slightly hot condiment with grilled chicken or pork, or curry dishes. My favorite is having it with chicken fajitas. In addition, it can also perk up a turkey, tuna fish, or ham sandwich. Store in the refrigerator for up to one week.

Yield: 4 cups (serving size: 2 cup)

Ingredients

- 2 ripe medium peaches, peeled and diced
- 1 fresh mango, peeled and diced
- 1/3 c roasted red pepper drained and diced
- 1/3 c red or sweet onions, diced
- 1 small jalapeno pepper, seeded and minced
- 2 tbsp fresh cilantro, chopped
- 1 to 1/2 tbsp fresh lime juice
- 1 green onion, diced
- 1/2 small cucumber, deseeded, peeled, and diced

Preparation

Combine all ingredients and chill.

Written by : Chef Linda Galyean

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Nutritional Information

Calories: 57 (2% from fat)
Fat: 0.1g (sat 0.0g, mono 0.0g, poly 0.1g)
Protein: 0.6g
Carbohydrate: 14.4g
Fiber: 1.5g
Cholesterol: 0.0mg
Iron: 0.4mg
Sodium: 78mg
Calcium: 14mg

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