FRESH PEACH SALSA

SERVES 12

This quick and easy salsa is a great way to enjoy fresh peaches. It is fresh and full of flavor and a great appetizer or snack when served with pita chips.

INGREDIENTS

2 peaches, peeled and diced
1 large tomato, diced
1 clove garlic, peeled and minced
1/4 cup minced onion
1-2 teaspoons chopped fresh mint
1 tablespoon lemon juice
1 tablespoon oil
Salt and sugar to taste (optional)

DIRECTIONS

1. Mix peaches, tomato, garlic, onion, and mint together.
2. In separate small bowl, mix lemon juice, oil, salt and sugar together. Add to peach mixture.
3. Serve with pita chips, tortilla chips or crackers.

PEACH TIPS

- Peaches contain vitamins A and C, potassium and fiber.
- Flesh is either yellow or white.
- Choose firm peaches free from bruising or other damage.
- Use immediately or store in refrigerator and use within 14 days for better quality.

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(Revised 8/2014)

SNAP-ED

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NUTRITION INFORMATION:

Nutrition Facts

Serving Size 0.25 cup(s) (54g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>27</td>
</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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Adapted from Ohio State University Extension Publication, “Growing Peaches and Nectarines in Home Landscape”, HYG-1406-98

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