

# Easy Peach Salsa

6 SERVINGS 15 MINUTES



## INGREDIENTS

2 Peach (medium or 1 extra large, chopped)  
1/2 Red Onion (medium, chopped)  
1 Garlic (clove, minced)  
1 Tomato (medium, chopped)  
1/2 cup Chopped Cilantro  
1 Lime (juiced and zested)  
1 Jalapeño (chopped)  
1/8 tsp Sea Salt  
1/8 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	29	Fiber	1g
Fat	0g	Sugar	5g
Saturated	0g	Protein	1g
Trans	0g	Cholesterol	0mg
Carbs	7g	Sodium	57mg

## DIRECTIONS

01 Gently combine all ingredients in a bowl. Enjoy!!

## NOTES

### SERVING SIZE

About 2/3 cup.

### SERVE WITH

Serve with whole grain tortilla chips. Make your own whole grain chips using whole grain tortillas by cutting them in wedges and bake in oven or air fryer at 400 for 6-10 minutes until golden brown.

### SPICE IT UP

Add a little hot sauce or red pepper flakes to add a little extra heat.

### DON'T LIKE CILANTRO

Swap parsley for the cilantro.