

Peach Salsa

1 ½ pounds fresh peaches, diced
1 red bell pepper, seeded and finely diced
1 medium red onion, diced
1 jalapeno, seeded and diced
¼ cup cilantro, chopped
2 tablespoons lime juice
Salt, to taste
Pepper, to taste

Directions:

Chop the peaches into small pieces and throw them into a bowl with bell pepper, red onion, jalapeno, and cilantro. Stir in lime juice. Add salt and pepper to taste. Cover and refrigerate for at least 1 hour before serving. Serve with pita chips.

Serves 6

Nutrient Analysis, per serving: 50 calories, 12g. carbohydrate, 2g. protein, 0g. fat, 1mg. sodium