

Fresh Peach Salsa Recipe



Scooped up on a chip or in a taco, peach salsa makes everything taste like summer. It's also great served with chicken or fish, and since it comes together in a food processor, it really takes almost no time to make!

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 16 servings

Ingredients

- 4 medium peaches, peeled and pitted
- 2 large tomatoes, cut into wedges and seeded
- 1/2 sweet onion, cut into wedges
- 1/2 cup fresh cilantro leaves
- 2 garlic cloves, peeled and sliced
- 2 cans (4 ounces *each*) chopped green chilies
- 4 teaspoons cider vinegar
- 1 teaspoon lime juice
- 1/4 teaspoon pepper
- Baked tortilla chip scoops

Directions

In a food processor, combine the first five ingredients; pulse until coarsely chopped. Add chilies, vinegar, lime juice and pepper; pulse just until blended. Transfer to a serving bowl; chill until serving. Serve with chips. Yield: 4 cups.

Nutritional Facts

1/4 cup (calculated without chips) equals 20 calories, trace fat (trace saturated fat), 0 cholesterol, 58 mg sodium, 5 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** Free food

