



Local Food Program

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Sweet Summer Peach Salsa

Makes a large bowl. Preparation Time: About 20 minutes

Ingredients

- > 1 1/2 pounds of tomatoes, diced
- > 2 bell peppers, diced
- > 2 jalapenos, finely diced
- > 1 medium onion, diced
- > 1 pound of peaches, pitted and diced
- > 1/2 bunch fresh cilantro, minced
- > 2 tablespoons lime juice
- > 1/4 teaspoon black pepper

Instructions

1. In a large bowl, combine the tomatoes, bell peppers, jalapenos, onions, and peaches.
2. Add the cilantro, lime juice, and black pepper to the mixture. Mix well.
3. Serve immediately, or chill for 1-2 hours to let the flavor develop.

Storing Fruits and Vegetables

- > Store tomatoes (unwashed) at room temperature in a dry place away from direct sunlight. Do not refrigerate tomatoes, as it will cause them to lose their flavor.
- > Store unwashed bell peppers in a plastic bag in the refrigerator, where they will keep for up to a week.
- > Store onions in a dry, dark, and well ventilated place, where they will keep for approximately 2 to 4 weeks. Do not store in the refrigerator.
- > Store ripe peaches in the refrigerator crisper, where they will keep for about one week. Store unripe peaches in a paper bag – not in the refrigerator – until ripe.

Nutrition Facts	
20 servings per recipe	
Amount Per Serving	25
Calories	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A	4%
Vitamin C	35%
Calcium	0%
Iron	2%



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