

SUMMERTIME PEACH SALSA

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Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 30	Total Carbohydrate: 7
Total Fat: 0 g	Dietary Fiber: 0 g
Saturated Fat: 0 g	Total Sugars: 5 g
Sodium: 40 mg	Protein: 1 g

Ingredients

- 2 cups peeled and chopped peaches
- 1 cup chopped red onion
- ½ cup chopped red bell pepper
- ½ cup deseeded and finely diced jalapeno
- 2 Tablespoons lime juice
- 1 Tablespoon chopped cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions

1. In a large bowl, add all ingredients and mix until well combined.

Serve immediately or refrigerate before serving.