

MANGO PEACH SALSA

ONE SIMPLE THING CAN TURN A "BLAH" MEAL INTO SOMETHING SPECTACULAR – A SAUCE OR SALSA!

THIS MANGO-PEACH SALSA IS DELICIOUS WITH FISH OR CHICKEN, IN A QUINOA SALAD, OR ON TACOS.

SERVINGS 4 CUPS

INGREDIENTS

2 MEDIUM PEACHES, PEELED AND DICED
1 MANGO, DICED
½ CUP DICED RED ONION
½ CUP DICED SWEET RED BELL PEPPER
1 MEDIUM TOMATO, DICED
¼ CUP COARSELY CHOPPED FRESH CILANTRO
2 GARLIC CLOVES, MINCED
2 TBSP LIME JUICE
1 TBSP OLIVE OIL
¼ TSP PINK HIMALAYAN SALT
(OPTIONAL: 1 JALAPENO PEPPER, SEEDED AND MINCED)

INSTRUCTIONS

COMBINE ALL THE INGREDIENTS IN A MEDIUM BOWL. LET STAND 10-15 BEFORE SERVING.

CAL: 129
PROTEIN: 2G
FAT: 4G
CARBS: 24G

