

## Okanagan Peach Salsa

Makes 2 cups



### Ingredients

- 3 ripe peaches
- ½ of a sweet red pepper- diced
- 4 green onions - sliced
- 1-2 small hot peppers - diced
- 3 tbsp of parsley - fresh chopped
- 2 tbsp of lime juice
- 1 tbsp of olive oil
- 1 clove of garlic
- 1 tbsp of ginger root
- salt and pepper to taste

### Directions

- ☞ To make peeling easier, blanch peaches in boiling water 30 to 60 seconds, then transfer to cold water for 1 minute. Peel, pit and dice peaches.
- ☞ In bowl, combine peaches, red pepper, green onions, hot peppers, parsley, lime juice, oil, garlic and ginger
- ☞ Season to taste with salt and pepper.
- ☞ Cover and refrigerate at least 1 hour or up to 2 days.
- ☞ Serve cool or at room temperature rather than ice cold.

### Nutrients (approximately)

43 Calories per ¼ cup,  
Fat 1.9g, Saturated Fat 0.3g, Cholesterol 0mg, Sodium 35.8mg,  
Carbohydrates 6.5g, Fiber 1.1g, Sugars 5.3g, Protein 0.7g

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