

Ingredients:

Peach-Melon Salsa
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Use fresh or frozen peaches. The lime or lemon juice adds flavor and keeps the peaches from darkening.

Ingredients:

2 cups frozen peaches, sliced, thawed and drained
1 cup cantaloupe or 4 canned apricot halves, chopped
1/4 cup onion, chopped
2 tablespoons lime or lemon juice
1 tablespoon fresh mint, chopped (optional)

Directions:

1. Wash hands with soap and warm water. Wash fresh fruits and vegetables before preparing.
2. Chop peaches and place in a large bowl.
3. Stir in cantaloupe, onion, lime juice and mint, if using.
4. Refrigerate 30 minutes to blend flavors.
5. Serve chilled.

Nutrition Facts (Per Serving)

Calories, 35; Carbohydrate, 9 gm; Protein, 1 gm; Total Fat, 0 gm;
Saturated Fat, 0 gm; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 1 gm;
Total Sugars, 8 gm; Sodium, 7 mg; Calcium, 8 mg; Folate 14 mcg; Iron, 0
mg; Calories from Fat, 0%.

Makes 6 servings. Recipe provided by Jeanette P. Egan.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.