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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