



## Peach & Nectarine Salsa



### **Ingredients:**

- 3 Yellow peaches, ripe but firm
- 2 White peaches, ripe but firm
- 2 Nectarines, ripe but firm
- 3 Large apricots, ripe but firm
- 1/2 Red onion
- 1 Bunch cilantro
- Juice of 2 limes

Recipe Source: Dona Richwine, MS, RD  
 Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)  
 Rev. 1/2010

### **Preparation:**

Wash peaches, nectarines, and apricots. Remove stone and dice fruit. Dice onion. Remove cilantro leaves from stems and chop leaves only. Combine all ingredients together with lime juice.

Suggestion: serve with baked chips.

### **Nutritional information for 1/2 cup serving:**

Calories 40,  
 Fat 0 gm, Fiber 2 gm,  
 Cholesterol 0 mg,  
 Carbohydrate 10 gm  
 Sodium 0 mg,



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