

Peach & Black Bean Salsa

Sauces & Dips, Snacks, Fruits

Make this salsa in the summer when peaches are fresh, or thaw frozen peaches to bring a tropical taste to the winter months. It's great served alongside grilled chicken or fish, or scooped up with vegetable sticks or chips.

Makes 12 servings | Serving size ½ cup

Price per serving: \$0.37

Prep/Cook Time: 15 minutes

- 4 peaches, diced
- 2 tomatoes, diced
- 1 red bell pepper, diced
- ½ medium red onion, finely diced
- 2 scallions, finely sliced (green parts only)
- 1 jalapeno pepper, finely diced
- 1 can black beans, drained and rinsed
- ½ cup cilantro, chopped
- Juice of 4 limes
- 2 tbsp olive oil
- ¼ tsp ground cumin
- Salt to taste (about 1-2 tsp)



Mix all ingredients together. Allow salsa to sit covered in the fridge for at least an hour before serving to allow flavors to meld.

Nutrition Facts	
Serving Size 141 g	
Amount Per Serving	
Calories 99	Calories from Fat 23
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 279mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Sugars 6g	
Protein 4g	
Vitamin A 15%	• Vitamin C 41%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	