

# Fresh Peach Salsa


## Ingredients:

- 2 cups peaches (thawed, canned or fresh)
- ¼ cup sweet onion
- 3 tablespoon lime juice
- 1 clove garlic or 1 teaspoon crushed garlic, or ¼ teaspoon garlic powder



## Directions:

- 1** Chop peaches into small pieces, no larger than ½ inch. If using fresh peaches, peel them first.
- 2** Chop onions into small pieces, no larger than ½ inch.
- 3** If using fresh garlic, chop it very finely.

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- 4 In a small bowl, stir together peaches, onion, lime juice and garlic.
- 5 Cover and chill for 2 hours before serving.

### **Tips:**

- 1 You can leave out the onion and the garlic if your child does not like these flavors.
- 2 Try peach salsa with your favorite chicken or fish dish!
- 3 You can spice up flavor of the salsa with chopped fresh cilantro.



**Child Health Initiative for Lifelong Eating & Exercise**