

## PEACH-TOMATO SALSA

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

### Ingredients

- 2 large ripe peaches, peeled, pitted and cut into 1-inch chunks
- 1 yellow bell pepper
- ½ cup grape tomatoes, sliced in quarters
- ¼ cup thinly chopped green onions
- 2 Tbsp. lime juice
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. freshly chopped mint leaves

### Instructions

1. Place peaches, yellow pepper, tomatoes and green onion in medium sized bowl.
2. Add lime juice and olive oil; mix thoroughly.
3. Let salsa marinate for up to 1 hour.
4. Sprinkle with mint before serving.

Makes 6 servings.

### Tip

- Serve as a refreshing taste twists with burgers, fish or poultry.

### Nutritional information per serving (6 servings)

- Calories: 70
- Total fat: 5g
- Saturated fat: <1g
- Total carbohydrates: 8g
- Dietary fiber: 1g
- Protein: 1g
- Sodium: 0mg

