



Peach Salsa

Looking for the perfect pairing for those tortilla chips? Try this refreshing and flavourful peach salsa. Can be enjoyed with chips, or topped on fish, chicken or burgers.

Prep time: 10 minutes

Makes 4-6 servings

INGREDIENTS

- 4 Ripe peaches, halved, pitted and diced finely
- 1/3 cup Diced red onion
- 1 Finely grated rind of 1 lime
- 1 Fresh lime, juice
- 1 tbsp Olive oil
- 1/4 tsp sea salt
- 1/4 cup Chopped fresh cilantro
- 1/4 cup Chopped fresh parsley



INSTRUCTIONS

1. In a medium sized bowl, stir together peaches, onion and lime rind.
2. For the dressing, in a small bowl, whisk together lime juice, oil and salt.
3. Pour dressing over fruit mixture. Stir in cilantro and parsley.
4. Serve as an appetizer with tortilla chips. Also makes for a great topping over fish or chicken breasts, or use as a burger topping.

Optional: Add in some fresh mango for a combined peach and mango salsa (or sub out peaches entirely for mango).

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