



## PEACH SALSA

By Dr. Cindy Tanzar  
(Standard)

It's always nice when you can take advantage of the fresh seasonal ingredients at farmer's markets or your local grocer. This recipe is a perfect example of utilizing seasonal summer produce, while adding a delicious burst of flavor to your menu. Incorporating your fruit into your recipes also lends to more variety and makes your dishes special. It is a perfect complement to serve over grilled chicken or fish or even with raw cucumber slices. It's also great spooned over a cup of chopped lettuce topped with 3 oz. of taco meat and topped with MCT, avocado or olive oil. Makes 3 servings and covers your fruit and 1/2 a serving of vegetable for each serving. (So, add 1/2 cup cooked or 1 cup raw to complete your vegetable.)



### INGREDIENTS

3 large ripe peaches (organic is best), cut into ½-inch dice, skin on  
1/2 medium red onion, very finely diced  
1/2 of a Red Bell Pepper, finely diced  
1 medium tomato, small diced  
1 jalapeno, very finely diced (leave out seeds/membranes if you don't like it hot)  
1/2 cup chopped cilantro (can leave out if you don't like it or substitute chopped parsley)



1/4 cup fresh lime juice (1-2 limes)

Pink Himalayan salt & black pepper, to taste

Optional: 1/4 tsp Chipotle powder or ground cumin (very good!)

## INSTRUCTIONS

Gently rub peaches with a towel to remove fuzz, then rinse. Add all ingredients to a medium bowl and gently mix. Taste and adjust seasonings to your liking. You want a balance between the sweet, salt, lime, and heat.