

Peach Salsa

Recipe is courtesy of Foodland Ontario.

Salsas, or uncooked sauces are fresh tasting when made with fruit and vegetables picked at their peak. Judge desired amount of hot peppers depending on the degree of heat you like. Serve this low-fat, nutrient-rich salsa with simply grilled fish, pork steaks, skinless chicken pieces or burgers.

Preparation Time: 15 Minutes

Marinating Time: 1 hour to 2 days

Servings: Makes 2 cups

Ingredients:

- 3 ripe Ontario Peaches
- Half Ontario Sweet Red Pepper, diced
- 4 Ontario Green Onions, sliced
- 1 to 2 small hot Ontario peppers, diced
- 3 tbsp chopped fresh parsley
- 2 tbsp fresh lime juice
- 1 tbsp vegetable oil
- 1 clove Ontario Garlic, minced
- 1 tbsp grated fresh ginger root
- Salt and pepper

Preparation:

To make peeling easier, blanch peaches in boiling water 30 to 60 seconds, then transfer to cold water for 1 minute. Peel, pit and dice peaches.

In bowl, combine peaches, red pepper, green onions, hot peppers, parsley, lime juice, oil, garlic and ginger. Season to taste with salt and pepper. Cover and refrigerate at least 1 hour or up to 2 days. Serve cool or at room temperature rather than ice cold.