

## **Summery Peach Salsa**

From Cooking Light JULY 1999

This recipe goes with Grilled Teriyaki Pork Chops with Summery Peach Salsa

### **INGREDIENTS:**

- 1 C diced peach
- 1/2 C diced plum
- 1/4 C minced shallots
- 3 TBS orange juice
- 2 TBS minced fresh parsley
- 1 tsp grated lime rind
- 2 TBS fresh lime juice
- 1 1/2 TBS chopped seeded jalapeño pepper
- 1 TBS minced fresh mint
- 1 TBS honey
- 1 tsp minced peeled fresh ginger

### **DIRECTIONS:**

Combine all ingredients in a bowl. Cover and chill.

Yield: 2 C (serving size: 1/2 C)

**NUTRITION PER SERVING:** CALORIES 65 (3% from fat); FAT 0.2g (sat 0.0g, mono 0.1g, poly 0.1g); PROTEIN 1g; CARB 16.5g; FIBER 1.6g; CHOL 0.0mg; IRON 0.4mg; SODIUM 3mg; CALC 13mg