

PEACH SALSA



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Ingredients

Yields: 1 cup or 8 servings, 2 Tbsp each

- 1-2 large fresh peaches, diced
- 2 tbsp light balsamic vinaigrette dressing
- 1 ½ tbsp chopped fresh basil
- 1 tbsp finely chopped red onion
- 1 tsp finely chopped and seeded jalapeño pepper
- Salt and pepper to taste

Directions

1. Combine ingredients.
2. Refrigerate until ready to serve.
3. Serve with whole grain crackers or pita chips.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 tbsp	23	0.4 g	0.5 g	5 g	105 mg

Carbohydrate Exchanges: 1