



JERSEY TASTES!

RECIPES

Jersey Peach Salsa

INGREDIENTS

FAMILY-SIZE SERVES: 8
PORTION SIZE: 1/4 CUP



- 3 medium Peaches, peeled & chopped
- ½ cup Red Pepper, finely chopped
- 1/3 cup Red or Sweet Onion, finely chopped
- 2 tablespoons Cilantro, chopped
- 1/3 Jalapeno Pepper, finely chopped*
- 3 tablespoons Lime or Lemon Juice

*Add more jalapenos for extra spice.

SCHOOL FOOD SERVICE

PORTIONS: 24
PORTION SIZE: 1/4 CUP

- 2.5 pounds medium Peaches (9 peaches) , peeled & chopped
- 1.5 cups Red Pepper, finely chopped
- 1 cup Red or Sweet Onion, finely chopped
- 1/2 cup Cilantro, chopped
- 1 Jalapeno Pepper, finely chopped*
- 2/3 cup Lime or Lemon Juice

*Add more jalapenos for extra spice.

DIRECTIONS

- 1** In a medium size bowl peel, pit, and dice peaches, set aside.
- 2** In another bowl add lime or lemon juice first. Add the prepared peppers, onions, cilantro, and jalapenos to the bowl with the lemon juice, mix well. Let stand for a few minutes.
- 3** Combine the marinated vegetables with the peaches. Mix well to incorporate the ingredients.
- 4** Chill for 2 hours or overnight. Enjoy!



Portion Size: 1/4 cup = 1/8 c Fruit;
1/8 c Veg/Other OR

Portion Size: 1/2 cup = 1/4 c Fruit;
1/4 c Veg/Other



Fun Fact:
The statement, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.