

Peach Mango Salsa

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Servings: 12

Start to Finish Time: 20 minutes

1 medium mango, seeded, peeled and finely chopped

1 medium peach, finely chopped

1 medium orange sweet pepper, finely chopped

1 tablespoon olive oil

1 tablespoon orange juice

1/2 teaspoon lime peel, finely shredded

1 tablespoon lime juice

1 tablespoon cider vinegar

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

In a medium bowl, combine the mango, peach and sweet pepper.

In a small bowl, whisk together the oil, orange juice, lime peel, lime juice, vinegar, salt and black pepper.

Drizzle the lime mixture over the mango mixture. Stir gently to coat.

Serve as a dip with toasted pita wedges or tortilla chips.

Yield: 3 cups

Per Serving (excluding unknown items): 26 Calories; 1g Fat (37.9% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.