

Salsa

Peach-Basil Salsa

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Servings: 2

1 medium peach, peeled, pitted and chopped

1 medium roma tomato, seeded and chopped

2 green onions (1/4 cup)

1 tablespoon snipped fresh basil

1 teaspoon lemon juice

salt

freshly ground black pepper

In a medium bowl, combine the peach, tomato, green onions, basil and lemon juice.

Season to taste with salt and pepper.

Per Serving (excluding unknown items): 35 Calories; trace Fat (5.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit.