

CHIPOTLE PEACH SALSA

Use those fresh, juicy summer peaches to make this sweet and spicy Chipotle Peach Salsa! Goes great with chips, chicken, fish, and more!

Prep Time: 30 mins

Total Time: 30 mins

Servings: ¼ cup each

INGREDIENTS

- 2 lbs. ripe peaches **(1.56)**
- 1/4 red onion **(\$0.11)**
- 2 cloves garlic **(\$0.16)**
- 1 tsp grated fresh ginger **(\$0.10)**
- 2 chipotle peppers in adobo **(\$0.20)**
- 1/2 bunch cilantro **(\$0.45)**
- 1 lime **(\$0.59)**
- ½ tsp salt **(\$0.02)**



INSTRUCTIONS

1. Dice the peaches into small pieces (peeling is not necessary). Finely dice the onion, mince the garlic, grate the ginger, mince the chipotle peppers, roughly chop the cilantro, and squeeze the juice from the lime.
2. Add the peaches, onion, garlic, and ginger to a bowl. Add one of the minced chipotle peppers, 1 Tbsp lime juice, and 1/4 tsp salt to begin with. Stir the ingredients to combine. Taste the salsa and adjust the salt, lime, or chipotle to your liking (I used 2 chipotle peppers, 2 Tbsp lime juice, and ½ tsp salt total).
3. Serve immediately or refrigerate until ready to eat.

NUTRITION

Serving: 0.25 cup ▪ Calories: 36 kcal ▪ Carbohydrates: 9 g ▪ Protein: 1 g ▪ Fat: 0.2 g ▪ Sodium: 139 mg ▪ Fiber: 1 g

Nutritional values are estimates only.

Source: Chipotle Peach Salsa. (2022, Aug 6). Budget Bytes. Retrieved September 19, 2022 from <https://www.budgetbytes.com/chipotle-peach-salsa/>