

Peach Black Bean Salsa

Makes 2 cups | 4-6 servings | **Fruits** • **Protein** • **Vegetables**

Ingredients

- 2 tomatoes, chopped or 1 cup canned, drained
- ¼ onion, diced
- 1 cup canned peaches, drained and diced
- 1 15-ounce can or 2 cups cooked black beans, drained
- 1 Tablespoon cilantro, chopped (optional)
- Salt and lemon/lime juice to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Mix all ingredients in a bowl. Toss well to blend. Chill before serving.
3. Enjoy with fresh vegetables, whole grain chips, whole wheat crackers or in tacos or burritos.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.