

Peachy-Orange Salsa

Try this salsa with canned pineapple instead of peaches

Makes about 4 cups; Serving size: ½ cup

Ingredients:

2 oranges, peeled, sectioned and chopped into small pieces

1 can peaches, drained (rinsed if in heavy syrup)

½ red pepper (orange or yellow may be substituted), finely chopped

½ cup minced cilantro (optional)

½ tsp. salt

2 Tablespoons honey

Juice of 1 lime

Whole grain tortilla chips for serving

Directions:

Mix all ingredients well. Salsa may be served at once or chilled overnight in the refrigerator to blend flavors. Serve with tortilla chips or with grilled chicken or fish.