

# Peach Salsa





The John C. Stalker Institute  
of Food and Nutrition  
AT FRAMINGHAM STATE UNIVERSITY

## Peach Salsa

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ¼ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: What's Cooking? USDA Mixing Bowl*)

### Ingredients:

Ingredient Name	Measurements
Peppers, jalapeno, raw	8 1/3 medium peppers
Peppers, sweet, red, raw	8 1/3 large peppers
Peaches, diced, packaged in 100% juice, canned	5 ¾ lb
Vinegar, red wine	¼ cup + ½ tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

### Instructions:

1. Wash and finely dice jalapeno and red bell peppers.
2. Drain canned peaches.
3. In a large bowl, combine all ingredients and mix well.
4. Refrigerate until served.
5. Hold for cold service at 41°F or lower.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	32.76 kcal
Total Fat	0.09 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.32 mg
Total Carbohydrate	7.58 g
Dietary Fiber	1.05 g
Total Sugars	6.60 g
Protein	0.29 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Fruit	0.125 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*