



Salsa de Durazno y Tomate

Ingredientes:

- 3 tomates maduros (2 tazas, cortados)
- 3 tomatillos con cubierta exterior removida (cortados en trozos pequeños)
- ½ pimiento verde (½ taza trozos pequeños)
- ½ pepino sin pelar (½ taza trozos pequeños)
- 2 duraznos (1 taza picada)
- ½ cebolla roja (½ taza picada en trozos pequeños.
- 2 cucharadas de pimiento de jalapeño, sin semillas y cortado en trozos pequeños (si desea)
- 2 cucharada de jugo de lima fresco
- 1/3 taza de cilantro fresco, cortado
- Sal y pimienta negra molida (si desea)

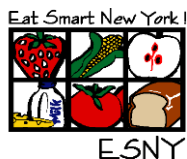
Instrucciones:

1. Agregue todos los vegetales cortados en un tazón grande. Agregue el jugo de lima fresco y mezcle bien.
2. Suavemente mezclelo con cilantro fresco.
3. Agregue sal y pimienta negra molida, si desea.
4. Sirva inmediatamente o mantenga refrigerado.

Rinde: 8 raciones (1/2 taza cada una)

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: ½ cup (108g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	30	Calories from Fat	5
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	1g		
Vitamin A	10%	Vitamin C	30%
Calcium	2%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
17% calories from fat			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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