

## Peach Salsa

| FRUIT, VEGETABLE  |             |                    |  |                      |                   | SIDE DISHES   |
|---|-------------|--------------------|--|----------------------|-------------------|---|
| Ingredients   | 50 servings |                    | 100 servings   |                      | For ____ servings | Directions  |
|   | Weight      | Measure            | Weight   | Measure              |                   |   |
| Red onion, diced  |             | 1 1/4 cups (200g)  |  | 2 1/2 cups (400g)    |                   | <b>1.</b> Drain peaches (if using canned peaches).<br><b>2.</b> Combine all ingredients in a bowl and toss.<br><b>3.</b> Refrigerate until ready to serve.<br><b>4.</b> Serve 1/4-cup servings with No. 16 scoop. |
| Jalapeño pepper, diced  |             | 1 tbsp., 2 tsp.    |  | 3 tbsp., 1 tsp.      |                   |   |
| Garlic, chopped   |             | 2 1/2 tsp.         |  | 1 tbsp., 2 tsp.      |                   |   |
| Red pepper, diced   |             | 1 1/4 cups (186g)  |  | 2 1/2 cups (372g)    |                   |   |
| Peaches, diced (fresh, frozen, OR Canned water pack drained)      |             | 2 1/2 qt. (2.5 kg) |  | 1 gal., 1 qt. (5 kg) |                   |   |
| Lime juice  |             | 1 tbsp., 2 tsp.    |  | 3 tbsp., 1 tsp.      |                   |   |
| Fresh cilantro, chopped, OR Fresh mint, chopped                   |             | 1 tbsp., 2 tsp.    |  | 3 tbsp., 1 tsp.      |                   |   |
| Cumin, ground, toasted  |             | 2 1/2 tsp.         |  | 1 tbsp., 2 tsp.      |                   |   |
| Oregano, dried  |             | 2 1/2 tsp.         |  | 1 tbsp., 2 tsp.      |                   |   |
| Serving: 1/4 cup (No. 16 scoop) provides 1/4 cup fruit, vegetable |             |                    | Yield: 50 servings: about 5.5 lb. (2.75 kg)<br>100 servings: about 11 lb. (5.5 kg) |                      |                   |   |

**Serving notes:** Excellent side dish with grilled chicken or fish.

| NUTRIENTS PER SERVING |    |               |          |               |        |
|-----------------------|----|---------------|----------|---------------|--------|
| Calories              | 20 | Saturated fat | 0g       | Iron          | 0.2 mg |
| Protein               | 0g | Cholesterol   | 0 mg     | Calcium       | 3 mg   |
| Carbohydrate          | 5g | Vitamin A     | 6 mg RAE | Sodium        | 5.2 mg |
| Total fat             | 0g | Vitamin C     | 58 mg    | Dietary fiber | 0.8g   |

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