

A close-up photograph of a white ceramic bowl filled with a vibrant nectarine salsa. The salsa is composed of diced nectarines, tomatoes, and onions, garnished with fresh green herbs. A lime wedge is placed on the left side of the bowl. In the background, a blue plate holds several golden-brown tortilla chips. The scene is set on a dark surface with a grey cloth and fresh herbs in the foreground.

NECTARINE SALSA



YIELD
3 cups



TIME
10 min



GF



NF



SF

NECTARINE SALSA

INGREDIENTS

4 ripe nectarines
1 medium-sized tomato
1 red bell pepper
1 small red onion
½ lime, juiced
2 Tbsp fresh cilantro
2 Tbsp fresh mint
Salt and pepper to taste

DIRECTIONS

1. Dice the nectarines, tomato, bell pepper, and onion and add to a medium-sized bowl.
2. Add the lime juice, cilantro and mint and stir to combine.
3. Add a pinch of salt and pepper, if preferred, and enjoy! Serve with tortilla crisps or corn chips, or use as a topping for tacos, burrito bowls or on sandwiches.

NOTES

- **Variations:** use peaches instead of nectarines, add in some diced apples or pear, pomegranate seeds, avocado, or watermelon. For a spicy kick, add in a jalapeño pepper.
- **Storage:** store in an air-tight container in the fridge for up to 4 days.
- **Bonus recipe:** Make your own tortilla chips by cutting whole wheat tortilla wraps into wedges, lightly coating with a bit of oil and sprinkling with desired spices (we used an Italian mix and paprika powder). Bake at 180/390 for 4-6 minutes, turning once to ensure even crispiness. Yum!