Southwestern Nectarine Salsa

Ingredients:

- 6 Roma tomatoes
- 1/2 cup corn kernels (1 cob)
- 1/2 cup black beans, drained & rinsed
- 2 nectarines or peaches, cubed
- 1-2 jalapeno peppers
- 1/2 white onion
- 1/3 cup fresh cilantro
- 2-3 cloves garlic
- 2 tsp ground cumin

1tsp salt

2 Tbsp fresh lime juice



Directions:

- 1. Finely dice tomatoes, peppers and onions.
- 2. Mix all ingredients except corn, black beans and nectarines until well combined.
- 3. Fold in corn, black beans and nectarines.
- 4. Transfer salsa to an airtight container and refrigerate for one day prior to serving to allow flavors to marinate.

MICHIGAN STATE

Jane Rapin, RD, CDE Community Nutrition Instructor

Community Nutrition Instructor

231-922-4858 rapinjan@msu.edu

Caitlin Lorenc, MA

231-882-9671 lorencca@msu.edu This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.