

Peach Salsa with Jicama Chips

Prep Time

30 minutes

Cooking Time

0 minutes

Yields

6-8 servings

Ingredients

3 large jicama roots
3 peaches
2 medium heirloom tomatoes
1 medium red onion
1 jalapeño
Juice of 5 limes
¼ cup minced cilantro
Sea salt, to taste

Directions

1. Wash and pat dry peaches, tomatoes, jalapeño, limes, and cilantro.
2. De-pit peaches and chop peaches and tomatoes.
3. Mince onion, jalapeño, and cilantro.
4. Combine all ingredients in large bowl and mix well.
5. Transfer to container or glass jar and refrigerate for 15 minutes or longer to allow flavors to combine.
6. When ready to serve, peel and slice jicama root thin, squeeze on lime, and serve with salsa.

Credit

Used with permission from The Integrative Nutrition Cookbook, 2016