

# Peach and Black Bean Salsa

## Ingredients:

- 2 tablespoons lime juice
- 1 small jalapeño pepper, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon peanut or flaxseed oil
- 1 large peach, pitted and finely diced
- 1/2 teaspoon fresh oregano, finely chopped
- 1 (15 oz.) can black beans, rinsed and drained
- 48 blue corn tortilla or sweet potato chips

## Directions:

1. Add lime juice, jalapeño, salt, and pepper to a medium bowl. Whisk in the oil until well combined. Stir in the peach, scallions, and oregano until combined. Stir in the beans and adjust seasoning as needed.
2. Arrange the tortilla chips on a platter around the bowl of salsa, and serve at room temperature. Alternatively, serve individual portions of salsa with the chips.

## Nutrition Facts

Serving Size 1/3 cup (92g)  
Servings Per Container 8

Amount Per Serving

**Calories 120**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 70mg**    **3%**

**Total Carbohydrate 17g**    **6%**

Dietary Fiber 4g    **16%**

Sugars 2g

**Protein 4g**

Vitamin A 2%    • Vitamin C 8%

Calcium 4%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: American Diabetes Association

