



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Grilled Peach Salsa

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Ingredients

- * 1 1/4 pounds peach(es), (3 to 4 medium), ripe, halved and pitted
- * 1 teaspoon oil, canola
- * 2 tablespoon onion(s), sweet, preferably Vidalia, finely chopped
- * 1 small pepper(s), jalapeno, seeded and finely chopped
- * 1 medium lime(s), zested and juiced
- * 1/4 cup(s) cilantro, fresh, coarsely chopped
- * 2 tablespoon mint, fresh, chopped

Preparation

1. Preheat grill to medium.
2. Brush cut sides of peaches with oil. Grill the peaches until softened and browned in spots, 3 to 5 minutes per side. Let cool.
3. Chop the peaches into 1/4-inch pieces and place in a medium bowl. Add onion, jalapeño, lime zest and juice, cilantro and mint.

