

Peach Salsa

Makes 1-1/2 cups

2 ripe peaches

1/2 small red onion, diced fine

1 Serrano chili, seeded and diced

1 lime, juiced

1 Tbs. cilantro, chopped

Salt to taste

1 small avocado, pitted and chopped optional)

1. Bring a saucepan of water to a boil. Dip the peaches in for 10-15 seconds, just enough to loosen the skins. Slip off the skins and cut flesh into medium dice.

2. Add remaining ingredients and stir to combine. Adjust with more lime juice and salt to taste.

This salsa tastes great on fish tacos, as a low-fat salad dressing, or on cold-smoked salmon (lox)