

Recipe on back!

PEACH PICO DE GALLO



Live Better is an Archbold Medical Center-led collaborative of community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.

Bob & Jeff's IGA is proud to be a Live Better partner.
Create a healthier you—eat better to live better.

Share these tips with your friends and family
so we can all Live Better!

LIVE BETTER
HEALTHIER. STRONGER. TOGETHER.

**BOB &
JEFF'S**
IGA

Yields: 12 servings • Portion size: 2 oz.

PEACH PICO DE GALLO

INGREDIENTS

- 1½ cup peaches,
fresh or frozen, diced
- 2 cups fresh tomatoes, diced
- 2 cups red onions, diced
- ⅓ cup apple cider vinegar
- 3 Tbsp lime juice, fresh

METHOD

In a medium mixing bowl combine tomato, onion, peaches, vinegar and lime juice. Mix well. Serve chilled.

This recipe is perfect on tacos, fish, chicken or even by itself!

Nutrition Facts per serving—26 Calories, 0g Fat, 6g Carbohydrate, 0mg Cholesterol, <1g Protein, 1.1g Fiber, 3mg Sodium, 153mg Potassium