

## PICO DE GALLO

Traditional salsa fresca is so delicious and so quick to make! Use the freshest produce for the most vibrant flavor.

 5 minutes 5 minutes 12 portions

## INGREDIENTS

- 4 ripe tomatoes, diced
- 1 small onion, peeled and finely diced
- 1 jalapeno pepper, seeded and finely diced
- 1/4 cup cilantro leaves and stems, washed and roughly chopped
- Juice of one lime (about 1 tablespoon)
- 1/2 teaspoon Kosher salt, or to taste

## COOKING METHOD

1° Toss together all ingredients in a medium bowl. Salt can be adjusted according to preference.

2° Note; if you prefer a milder pico de gallo, omit the jalapeno or you can also use a milder pepper. For a smoother consistency, a food processor or blender can be used instead. Pulse all ingredients together until you've reached the desired texture.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (32 g)	% DRI
ENERGY	23 kcal	7 kcal	0 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	308 mg	98 mg	4 %
CARBOHYDRATE	5 g	2 g	1 %
SUGARS	3 g	1 g	—
FIBER	1 g	0 g	2 %
PROTEIN	1 g	0 g	—