



Pico de Gallo

Info:

Makes 8 Servings 30 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 6 Tomatoes, diced
- ❖ 1 Small White Onion, diced
- ❖ ½ Cucumber, peeled & diced
- ❖ 3 Jalapeños, diced (remove seeds for milder salsa)
- ❖ 1 Garlic Clove, minced
- ❖ 1 Lime, juiced
- ❖ Cilantro to taste, about ¼ bunch
- ❖ 1 ½ tsp Salt
- ❖ ½ tsp Ground Pepper

Preparation:



1. Dice all vegetables (drain tomatoes in strainer), chop cilantro (food processor works well).
2. Add seeds from 1 jalapeno for mild-medium, 2 jalapenos for medium-hot and all 3 jalapenos for very hot salsa.
3. Mix well in a large bowl and serve!