



Pico De Gallo Salsa

12- 1/2 cup servings

amount	unit	Ingredients:
4	cups	tomatoes, chopped
1	cup	onion, chopped
2	each	jalapeno (seeded or unseeded depending on how spicy you want it.)
0.25	cup	cilantro, chopped
0.5	cup	fresh lime juice
0.5	tsp	Salt to taste
0.5	tsp	Pepper to taste

Finely chop the tomatoes, onion, and jalapeno pepper. Remove thick stems of the cilantro and then roughly chop. Mix the tomatoes, onion, jalapeno pepper and cilantro in a bowl and squeeze fresh lime juice on top. Stir well and then season with salt and pepper to taste.

Nutritional Information:

Calories: 20; Carbohydrates: 5g; Fiber: 1g; Sugars: 2g; Protein: 1g; Fat: 0g; Saturated Fat 0g; Cholesterol: 0mg; Sodium: 85mg;