



Pico De Gallo

Makes 4 ½ cups

Ingredients

- 3 ½ cups tomatoes, diced
- ½ cup green pepper, diced
- ½ cup red onion, diced
- 1 jalapeño pepper, seeded and diced; leave seeds for more heat
- 1 TBSP garlic, minced
- ¼ tsp kosher salt, to taste
- 2 TBSP cilantro, chopped
- 1 tsp chili powder
- 1 tsp cumin
- 2 TBSP fresh lime juice, or to taste

Nutrition Facts

Servings 4

Amount Per Serving

Calories 45

% Daily Value

Total Fat 0.6g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 164mg 7%

Total Carbohydrate 9.6g 3%

Dietary Fiber 2.8g 10%

Sugars 5.2g

Protein 2g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 1mg 6%

Potassium 455mg 10%



What you'll need



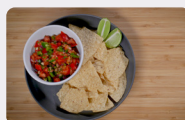
measuring cups



measuring spoons

Instructions

1. Wash produce well, and dry.
2. Dice vegetables and chop cilantro.
3. Combine all ingredients and let flavors blend for at least 30 minutes before serving.
4. Serve with chips, tacos, fish, chicken or pork, etc.



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