



Pico de Gallo



Ingredients



- 2 tomatoes, diced
- 1/4 onion, diced
- 1 garlic clove, minced
- Half a lime, squeezed
- Cilantro to taste
- Salt, pepper and red pepper flakes to taste
- Diced jalapeno (optional)

Yield: 6 servings
 Serving Size: 1/3 cup



Directions



1. Chop up ingredients and mix together.
2. If possible, let sit in refrigerator for at least an hour.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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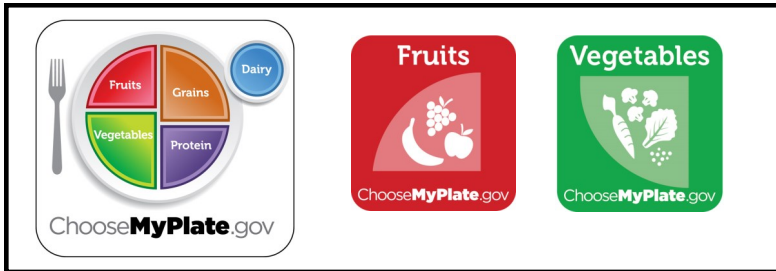
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Fast Facts



Featured Food Groups



Cooking Tips

- Use canned diced tomatoes if fresh are not available.
- Use pre-minced garlic if fresh is not available.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1/3 cup
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0mg	0%
Potassium 94mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

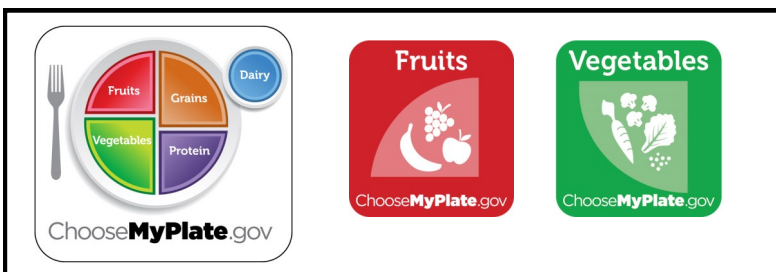
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