

from the
kitchen
of HSS



Pico De Gallo: A Fresh Tomato Salsa

ingredients

- 4 ripe tomatoes, diced
- 1 small red onion, finely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lime juice
- Salt and pepper to taste

directions

- In a bowl, combine the diced tomatoes, red onion, jalapeño, and finely chopped cilantro.
- Add the lime juice and mix well.
- Season with salt and pepper to taste.
- Let the salsa sit for at least 15 minutes to allow the flavors to meld.
- Serve with tortilla chips or as a topping for your favorite dishes.

nutrition

Serving size: *1/2 cup*
Calories per serving: 25
Fat: 0g
Carbs: 6g
Protein: 1g

