

# Apricot Pico de Gallo

8 Servings • 1 Serving = ½ Cup



## INGREDIENTS

- 2 large tomatoes
- ½ red onion
- 1 ½ cup diced apricots (canned or fresh)
- 1 jalapeño
- Juice from 1 lime
- Small handful of cilantro

## DIRECTIONS

1. Dice the tomatoes and red onion. Add to a large bowl.
2. If using canned apricots, drain the excess juice. If using fresh, add to the bowl.
3. Deseed the jalapeño and mince. Add to the bowl.
4. Chop the cilantro and add to the bowl.
5. Pour lime juice over the ingredients and stir gently to combine.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(77g)</b>
Amount per serving	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 6g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 10mg	0%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 143mg	4%
<small>*The % Daily Value 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.</small>	

Recipe developed by San Antonio Independent School District - Child Nutrition Services

chefs.org  
@CHEFSanAntonio



© Culinary Health Education for Families