



Pico de Gallo

10 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 4 Roma tomatoes
- ¼ red onion
- 1 jalapeño
- 2 Tablespoons cilantro
- 1 Tablespoon lime juice

DIRECTIONS

1. Dice the tomatoes and add to the bowl.
2. Dice the onion and add to the bowl.
3. Seed and mince the jalapeño and add to the bowl.
4. Chop the cilantro and add to the bowl.
5. Add lime juice to the bowl and mix ingredients to combine.

Nutrition Facts

servings per container
Serving size (31g)

Amount per serving
Calories **5**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 0g

Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 69mg	2%

*The % Daily Value tells you how much is nutrient in a serving of food compares to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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