

Pico de Gallo

Ingredients (makes 13 servings, serving size 1/2 cup:)

- 1 bunch Fresh cilantro
- 6 large Tomatoes, chopped
- 1 medium Onion, chopped
- 1 Green or Red bell pepper, chopped
- 1 Jalapeno pepper, chopped
- 1/2 teaspoon Garlic powder or 1 clove garlic, minced
- 1 fresh Lime, juiced
- Salt to taste

Directions

1. Wash and chop the cilantro.
2. Put tomatoes, onion and peppers in a large bowl. Add cilantro, garlic and lime juice.
3. Mix ingredients. Add salt. Try serving with baked tortilla chips.

Nutrition Information- Per serving

Calories	23	Total Sugars	3.2g	Sodium	183mg
Protein	1g	Total Fat	.2g	Cholesterol	0mg
Carbohydrate	5.2g	Saturated Fat	0g	Fiber	1.4g



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