

# 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



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

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