



Pico de Gallo

INGREDIENTS:

1 c. tomatoes, seeded, diced
¼ c. diced white onion
2 T. minced fresh cilantro
1 T. fresh lime juice
1 jalapeno, seeded, diced
Salt to taste

PREPARATION:

- Toss all ingredients together in a bowl.
- Chill until ready to serve.

Yield: about 1 cup

Serving size: 2 tablespoons

Calories per serving: 6.5

Fat grams per serving: 0

