



## 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**

