

Pico de gallo



Recipe credit

Adapted from the United States Department of Agriculture

About this recipe

Serves

30

Serving size

2 tablespoons

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 4 cups fresh tomatoes, finely chopped
- 1 medium onion, finely chopped
- 3 tablespoons freshly squeezed lime juice
- 1/2 teaspoon salt
- 1/2 jalapeno pepper, finely chopped
- 4 tablespoons chopped cilantro

Directions

1. Combine finely chopped tomatoes, onions, lime juice, and salt in a mixing bowl.
2. Add desired amounts of jalapeno and cilantro, starting with lesser amounts and adding more to taste.
3. Serve with eggs, tacos, or other Southwestern dishes.

Tips and variations

- When chopping jalapeños or hot peppers wear gloves and do not touch your eyes or face.
- Salsa will normally become juicy after sitting for a while.

Recipe video

Nutritional info

Calories

7

Total fat

0 g

Saturated fat

0 g
Cholesterol
0 mg
Sodium
41 mg
Total carbohydrates
2 g
Dietary fiber
0.4 g
Protein
0.3 g
Total sugar
1 g

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