

Pico de Gallo



Serves 8

INGREDIENTS

1½ cups seeded, small dice tomatoes (about ¾ pound [340 grams])

½ cup (75 grams) small dice white onion (about 1 small onion)

1 serrano or jalapeño chili, minced (remove seeds or use only ½ a chili for mild salsa)

¼ cup (10 grams/60 milliliters) finely chopped fresh cilantro leaves

Juice of 1 small lime

Kosher salt, to taste, optional

Pico de gallo is also called salsa fresca. It is best served fresh but will keep in the refrigerator for a couple of days. Make sure to seed the tomatoes before dicing or the salsa will be too watery.

INSTRUCTIONS

1. In a medium-sized mixing bowl, stir together diced tomatoes, white onion, chilies, cilantro, ½ of the lime juice, and a pinch of salt.
2. Season to taste with additional lime juice and salt.

NOTES

- Small dice ingredients should be roughly ¼-inch cubed; see handout “Basic Cuts for Fruits and Vegetables”.
- Omit the salt if you want to reduce sodium.
- For a different twist on this classic salsa, substitute diced cucumber for some of the tomato.

Nutritional Info (per ¼ cup serving): Calories 13, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Total Carbohydrate 3 g, Dietary Fiber 1 g, Sugars 1.6 g, Protein 0.5 g, Vitamin A 2%, Vitamin C 14%, Calcium 1%, Iron 1%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.