

# Pico de Gallo

## Ingredients:

- 1 pound chopped ripe tomatoes
- 1 1/2 cups chopped onion
- 1/3 cup chopped, fresh cilantro
- 3 seeded and chopped jalapeno peppers
- 2 tablespoons lime juice
- 2 minced garlic cloves
- 1/4 teaspoon salt
- whole grain tortilla chips

## Directions:

Combine all ingredients in medium bowl. Serve with tortilla chips. Use immediately or cover and refrigerate for up to 3 days.

13% calories from fat

Source: Adapted from allrecipes.com website.

## More Ideas for Onions

- Onions can be sliced, chopped, diced, or grated. They mix well with almost any type of food.
- Raw onions are great in salads and on sandwiches and hamburgers.
- Cooked onions can be used to season everything from soups, stews, meats, beans, potato and other vegetable dishes.

<b>Nutrition Facts</b>			
Serving Size 1/6 of recipe (130g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 40	Calories from Fat 5		
% Daily Value*			
<b>Total Fat</b> 0g	0%		
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 100mg	4%		
<b>Total Carbohydrate</b> 9g	3%		
Dietary Fiber	1g	4%	
Sugars	4g		
<b>Protein</b> 1g			
Vitamin A 4%	• Vitamin C 35%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:			
	2,000	2,500	
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4