

## 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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