

Front



Fresh Taste for Seniors

Back

Pico de gallo

Ingredients:

- 4 plum tomatoes, seeded and chopped
- 1 jalapeno, chopped (seeds removed, if desired for less heat)
- ½ medium onion, chopped
- 1 tablespoon fresh lime juice
- Salt and pepper, to taste
- 2 tablespoons cilantro, chopped

Directions:

1. Combine all ingredients in a medium-size bowl.

Makes: 4 servings

Adapted from www.realsimple.com/food-recipes/browse-all-recipes/pico-de-gallo



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