

Ingredients

6 tomatoes, preferably Roma
(or 3 large tomatoes), diced

$\frac{1}{2}$ medium onion, finely
chopped

1 clove garlic, finely minced

2 serrano or jalapeño peppers,
finely chopped

3 tablespoons fresh cilantro,
chopped

juice of 1 lime

$\frac{1}{8}$ teaspoon oregano, finely
crushed

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ small avocado, diced

pico de gallo

1. Combine all of the ingredients in a glass or stainless steel bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

Yield 8 servings, **Serving Size** $\frac{1}{2}$ cup, **Calories** 42, **Total Fat** 2g,
Saturated Fat 0g, **Cholesterol** 0mg, **Sodium** 44mg, **Total Fiber** 2g,
Protein 1g, **Carbohydrates** 7g, **Potassium** 337mg



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>