

# pico de gallo

## 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

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