

Homemade Pico De Gallo

Ingredients:

- 8 Roma Tomatoes (hard) – 176 calories
- 1 Bunch of cilantro – 23 calories
- 1 Medium Red Onion – 41 calories
- 2 Jalapenos – 8 calories
- 2 Limes – 16 calories
- 2 Tbsp of Minced Garlic – 24 calories
- Salt and Pepper for taste
- Chips – 10 chips per serving

Instructions:

1. Dice up roma tomatoes and place in a medium bowl.
2. Chop up cilantro or use a quick chopper and place in a bowl.
3. Finely chop up onion and place in bowl.
4. Chop up Jalapenos and add to the bowl.
5. Roll limes on the counter by hand to loosen up the juice, then cut both in half and squeeze lime juice into the bowl.
6. Add minced garlic into bowl
7. Add a few pinches of salt and pepper into bowl
8. Mix all ingredients and serve with chips.

Nutritional Information:

Salsa

- Makes about 8 servings (about 1/2 a cup).
- Calories per serving: 36
- Protein: 1-2 g
- Fat: 0g

Chips

- 10 chips per serving
- 1 service: 160 calories
- Protein: 2g
- Fat: 9g