



## Pico de Gallo

Use to season your family meals or serve with tortilla chips.

### Makes 6 servings.

*½ cup per serving.*

**Prep time:** 20 minutes

### Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

**Nutrition information per serving:** Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

### Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

## Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

### Makes 4 servings.

*½ cup per serving.*

**Prep time:** 20 minutes

### Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

**Nutrition information per serving:** Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

### Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.