



May 8- Fresh Pico de Gallo

Smart Snack

Link: No link, created by CNP student

Recipe

Ingredients:

- 4 Roma tomatoes
- 1 onion
- 1 jalapeno
- Juice of ½ a lime
- ½ cup chopped cilantro
- 1 teaspoon minced garlic
- Salt and pepper to taste

Directions:

1. Wash hands with warm, soapy water.
2. Wash and dice tomatoes, onion, jalapeno and place in a medium bowl.
3. Add cilantro and garlic, and squeeze lime over mixture. Add salt and pepper as desired.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 cup (161.46g)
Servings Per Container 4

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **9%**

Sugars 5g

Protein 2g **3%**

Vitamin A 25% • Vitamin C 40%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.