Pico de Gallo

PREP TIME: 10 MINUTES | MAKES ABOUT 2 CUPS

Making pico de gallo at home is simple and fun. The flavor of tomatoes makes any season feel like summertime.

Ingredients

• 1 clove garlic
• 1 can (14.5 oz.) diced tomatoes, very well drained
• 1/2 small white onion, cut into chunks
• 1 small handful of cilantro leaves and tender stems
• 1/2 jalapeño (remove seeds for milder salsa)
• Juice of 1 small lime
• Kosher salt

Instructions

1. Pulse garlic in a food processor until minced.
2. Add remaining ingredients and pulse about 10 times until coarsely chopped. Season to taste with salt.

For more recipes and resources, visit www.healthiergeneration.org/delmonte