



Pico de Gallo

Ingredients:

- ½ red onion, diced
- 4 roma tomatoes, diced
- 1 cup fresh cilantro, chopped
- 1 lime
- Salt to taste
- Chips to serve

Instructions:

1. Dice onion and tomato. Chop cilantro.
2. Add onion, tomato, jalapeno, and cilantro to bowl.
3. Slice the lime, and squeeze the juice into the bowl. Sprinkle with salt and stir until combined.

Prep Time: 10 minutes

Cooking Time: 0 minutes

Equipment:

- Chef Knife
- Cutting board
- Small bowl
- Spoon

Serving Size: ¼ recipe



Nutrition Facts:	15	0g	0g Saturated	4g	2 g	1.5 g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	1.5g	6mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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