

Best-Ever Fresh Salsa (*pico de gallo*)

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| 3 large ripe tomatoes, seeded and chopped | 1 serrano chili or jalapeño pepper, seeded and chopped (to taste, remove white ribs to reduce heat) |
| 3 tablespoons chopped white onion | 2 tablespoons lime juice |
| 1 clove garlic, minced | ¼ tsp salt |
| ¼ cup finely chopped cilantro | |

In a medium serving bowl, combine all ingredients and stir.

Taste and add more salt if needed. **Refrigerate** at least 30 minutes to allow flavors to blend. **Serve** with whole-grain corn tortillas.

Note: If raw onion and garlic are too strong for you, add chopped onion and garlic to a bowl of cold water and refrigerate overnight (flavors will mellow). **Drain**, and proceed with recipe.



Makes 4 servings. Per serving (without tortillas):

38 calories | 2g protein | 0g total fat | 0g saturated fat | 0g mono fat | 0g poly fat | 8g carbohydrate | 1g sugar | 2g fiber | 156mg sodium