

Pico de Gallo

Makes 30 2-ounce servings

Time: 15 - 20 minutes



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Kitchen Tools:

- 1 sharp knife (for educator's use)
- 1 set measuring spoons
- Lettuce knives
- Cutting boards
- Set of bowls
- 1 citrus juicer
- 1 set dry measuring cups
- Small metal spoons
- Cut gloves

Ingredients:

- 8-10 "Roma" or plum tomatoes, diced small
- 1/2 teaspoon salt
- 1 medium white onion, diced small
- 1 jalapeño, minced and seeds removed
- 1/2 cup fresh cilantro, leaves only, minced
- 1 lime, juiced
- 1 ripe avocado, cut into 1/2 inch cubes
 - Tortilla chips, for tasting

Instructions:

1. The assistant educator begins prepping for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students.
2. **Mise en Place:** Divide students into 3 groups (10-15 minutes).
 - a. **Group 1:** Using lettuce knives, core and dice the tomatoes. Add 1/2 teaspoon salt to the diced tomatoes and set aside.
 - b. **Group 2:** Dice the onion. Separate the leaves and stems of the cilantro and mince the leaves. Discard cilantro stems. Cut the stem from the jalapeño, cut the jalapeño in half, and remove the seeds. Discard seeds and mince. Wash hands well after handling the jalapeño. Combine jalapeño, onion, and cilantro in a bowl.
 - c. **Group 3:** Cut lime in half and squeeze juice into a bowl. Cut the avocado into two pieces. Remove the avocado seed and discard, then scoop out the insides of the avocado with a small metal spoon. Use a lettuce knife to cut into 1/2 inch cubes. Discard avocado peel. Add avocado cubes to the bowl with the lime juice.
3. In a large bowl, combine the tomatoes, onion, jalapeño, cilantro, avocado, and lime juice. Gently stir so all ingredients are evenly distributed. Serve and enjoy!

