

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 measuring cups
- 1 fine mesh strainer or colander
- Spoons
- Cut gloves

Ingredients:

- 8-10 "Roma" or plum tomatoes, diced small
- 1 teaspoon salt
- 1 medium white onion, diced small
- 1 jalapeño, minced and seeds removed
- ½ cup fresh cilantro, leaves only, minced
- 1 lime, juiced
- 1 to 2 ripe avocados, chopped
 - 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, dice the tomatoes. Set a fine mesh strainer or colander in a bowl, then combine the diced tomatoes and 1 teaspoon salt in the strainer. Set aside for as long as possible.
 - 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. Remove the peel and core of the avocado, scoop out the insides with a spoon, and use a lettuce knife to cut into ½ inch cubes. Add to the bowl with the lime juice.
3. While students are cooking, discuss any learning objectives or teaching points.
4. Discard the liquid from the strained tomatoes. In a bowl, combine the tomatoes, onion, jalapeño, cilantro, avocado, and lime juice. Salt to taste, and gently stir so all ingredients are evenly distributed. Serve and enjoy!

