



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.



Pico de Gallo

Yield: 1 quart (4 cups)

Ingredients:

1-2 pounds ripe tomatoes, finely diced

1 teaspoon salt

½ onion, finely diced (about ¾ cup)

1-2 jalapeño peppers, minced - *seeds and membranes may be removed for a milder salsa or keep them in for more heat*

½ cup cilantro, stems and leaves finely chopped

½ lime, juiced

Instructions:

1. Finely dice tomatoes.
2. Place tomatoes into a fine mesh strainer or colander set over a bowl. Sprinkle 1 teaspoon of salt and toss to combine. Let drain for 15-20 minutes. *This step is to season the tomatoes and extract excess liquid.*
3. Next, prepare finely diced onion, jalapeño and cilantro.
4. When ready to combine. Discard liquid from tomatoes and add drained tomatoes to a medium bowl with onion, jalapeño, cilantro, and lime juice. Mix and season to taste with a pinch of salt or more lime juice.
5. Enjoy on top of fajitas, tacos, or as a dip!