

Pico de Gallo

Makes about 8 cups

Time: 25 minutes

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. 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.
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.
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 knife to cut into ½ inch cubes. Add to the bowl with the lime juice.
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!

