

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pico De Gallo

From The Pioneer Woman Cooks

This is good served with tortilla chips, or with tacos, inside quesadillas, atop grilled chicken, or a bowl of pinto beans – its versatility is endless.

Yellow or red onions
Roma tomatoes
Cilantro
Jalapenos
Lime
Salt

1. Finely dice the onions.
2. Next, dice up an amount of tomatoes equal in quantity to the onions.
3. And grab a bunch of cilantro equal in quantity to the tomatoes and chop it up pretty finely.
4. Now, slice 1 or 2 jalapenos in half (you may want to wear gloves when working with the jalapenos). With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.)
5. Dice the jalapeno very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires.
6. Now dump the four ingredients into a bowl. Slice a lime in half and squeeze the juice from half a lime into the bowl.
7. Sprinkle with salt, and stir together until combined. Be sure to taste and adjust the seasonings, adding salt or more diced jalapeno if needed.

Note: Pico do gallo won't keep very long in the fridge – probably 24 hours or so. After that, the sugars start to break down and it turns into a soupy mess. So, it's best to make it the same day you'll want to serve it, though you certainly could do so several hours before.