

## Pico de Gallo

Yields 7 servings (½ cup each)

### Ingredients

- 1 large white or yellow onion, finely chopped
- 3 large tomatoes, chopped
- 1 cucumber, unpeeled, chopped
- ½ cup fresh cilantro, finely chopped
- 2 tablespoons fresh lime juice
- ¼ teaspoon black pepper
- ¼ teaspoon, salt
- 1 jalapeño pepper or serrano pepper, chopped small, optional

### Instructions

1. Wash all vegetables with cold, running water. Carefully wash the cilantro in a bowl full of water and rinse the bowl several times.
2. Finely chop the white onion, tomatoes, cucumber, and cilantro. Add these vegetables to the bowl and add the lime juice and salt. Add black pepper if desired. Mix well.
3. Open the jalapeño pepper and remove the seeds. Finely chop the jalapeño pepper and serve it on the side, not with the salsa.
4. Serve immediately or store in refrigerator for up to three days only.

### Helpful Information

- Pico de Gallo is a fresh raw salsa that can be eaten with guacamole, tortilla chips, fish, or shrimp.
- You can add mangoes, cucumber, fresh garlic or 1 tablespoon of olive oil to Pico de Gallo. If you have heartburn, you can skip the jalapeño and use fresh bell peppers instead.
- Pico de Gallo helps you stay hydrated and it is a diabetes-friendly recipe. This low-calorie dish has lots of antioxidants, and it has vitamin C and some minerals.

**Source:** CUCE-NYC FMNP Recipe Collection 2022

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

<b>Nutrition Facts</b>	
Servings Per Recipe	7 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 234mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

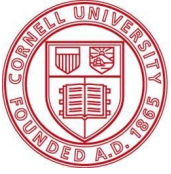
Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





Cornell University  
Cooperative Extension  
New York City



## Pico de Gallo

份量 7 份 (每份 ½ 杯)

### 原料

- 1 个大白洋葱或黄洋葱，切碎
- 3 个大西红柿，切碎
- 1 根黄瓜，未去皮，切碎
- ½ 杯新鲜香菜，切碎
- 2 汤匙新鲜酸橙汁
- ¼ 茶匙黑胡椒
- ¼ 茶匙、盐
- 1 个墨西哥辣椒或塞拉诺辣椒，切碎，可选

### 步骤

1. 用冷水清洗所有蔬菜。将香菜放入装满水的碗中小心清洗，然后将碗冲洗几次。
2. 将白洋葱、西红柿、黄瓜和香菜切碎。将这些蔬菜放入碗中，然后加入酸橙汁和盐。如果需要，可以添加黑胡椒。搅拌均匀。
3. 打开墨西哥辣椒并去除种子。将墨西哥辣椒切碎并放在一边，而不是与莎莎酱一起食用。
4. 立即食用或在冰箱中最多保存三天。

### 小窍门

- Pico de Gallo 是一种新鲜的生莎莎酱，可以与鳄梨酱、玉米片、鱼或虾一起食用。
- 您可以在 Pico de Gallo 中添加芒果、黄瓜、新鲜大蒜或 1 汤匙橄榄油。如果您有胃灼热，您可以跳过墨西哥辣椒，而使用新鲜的青椒代替。
- Pico de Gallo 可以帮助您保持水分，这是一种适合糖尿病患者的食谱。这道低热量菜肴含有大量抗氧化剂、维生素 C 和一些矿物质。

资料来源：CUCE-NYC FMNP Recipe Collection 2022

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：**Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Nutrition Facts	
Servings Per Recipe	7 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 234mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

