

Basic Pico de Gallo – Fresh Salsa!

Ingredients:

2 large tomatoes or 4 smaller ones, diced

1 green bell pepper, finely diced

1 jalapeno, seeds removed, minced (or a couple dashes of hot sauce instead)

1 onion, minced (white, yellow or red – you choose!)

2 large or 3 small limes, juiced

Salt to taste

Optional: ½ bunch cilantro, chopped



Instructions:

Combine the vegetables and top with lime juice. Stir to coat. Add cilantro if desired. Salt to taste.

Nutrition per ¼ cup serving: 13 calories; 0g Fat; 0.5g Protein; 3g Carbohydrates; 1g Fiber; 2mg Sodium

Guacamole – Mom’s Recipe

1 large avocado

1 heaping T mayo

1 T minced dried onion flakes

1 tsp ground cumin

¼ tsp ground coriander

1 lime, juice (~2T)

Salt and Pepper, to taste



Pit avocado and scoop flesh into a bowl, removing any dark spots. Add remaining ingredients and mash with a fork or potato masher. Adjust salt and pepper to taste. Enjoy!

Nutrition per ¼ cup serving: 117 calories; 12g Fat; 1.5g Protein; 5g Carbohydrates, 4g Fiber; 25mg Sodium