



**Cornell University**  
Cooperative Extension  
New York City



## 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**

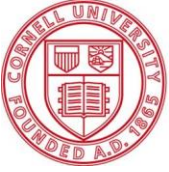
<b>Nutrition Facts</b>	
Servings Per Recipe	7 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</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	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 234mg	<b>4%</b>
<small>*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.</small>	
<small>Label analysis based on ingredients listed.</small>	

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.

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## Pico de Gallo

Rinde 7 porciones (½ taza cada una)

### Ingredientes

- 1 cebolla blanca o amarilla, picada finamente
- 3 tomates grandes, picados
- 1 pepino, sin pelar, picado
- ½ taza de cilantro fresco, picado
- 2 cucharadas de jugo de lima fresco
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra, opcional
- 1 jalapeño o chile serrano, picado finamente, opcional

### Instrucciones

1. Lave todos los vegetales. Lave cuidadosamente el cilantro en un tazón lleno de agua y enjuague el tazón varias veces.
2. Corte o pique la cebolla blanca, los tomates, el pepino, y el cilantro. Agregue estos los vegetales a un tazón grande y agregue jugo de lima y sal. Agregue pimienta negra si desea. Mezcle bien.
3. Abra el chile jalapeño o serrano y saque las semillas. Pique el chile finamente y sírvalo al lado, no con la salsa.
4. Sirva inmediatamente o manténgalo refrigerado hasta 3 días solamente.

### Información Útil

- Pico de Gallo es una salsa fresca que se puede comer con guacamole, tortilla chips, pescado o camarón.
- Puede agregar mangos, pepino, ajo picado, o una cucharada de aceite de oliva al Pico de Gallo. Si tiene acidez estomacal o reflujo, no coma jalapeño y use pimienta fresca.
- El Pico de Gallo le ayuda a mantenerse hidratado y es una buena receta para los que tienen diabetes. Esta receta baja en calorías está llena de antioxidantes, y tiene vitamina C y algunos minerales.

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

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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