

## Quick Pico de Gallo

- 2 cups Tomatoes, diced Roma, Vine, or tomatoes of choice
- ½ cup onion diced
- 1/4 cup Cilantro minced
- 1 jalapeno pepper minced
  - De-seeded if you want less spicy
- 2 cloves garlic freshly minced or crushed
- Juice of 1 lime or 2 tablespoons
- Himalayan sea salt to taste



1. Combine all the diced ingredients in a large bowl. Drizzle with fresh lime juice and season with salt.

2. Gently stir to combine. Serve immediately or cover and refrigerate for up to 3 days.

Serving Size = 2 cups

Put over fish or taco salad and count as a vegetable & 1 good fat

