



# Pico de Gallo (Salsa Fresca)

Prep: 10 minutes | Chill: 15 minutes | Total: 25 minutes

Yield: 10 servings | Serving Size: ~¼ cup

## Ingredients

2 cups diced ripe Roma tomatoes (about 4-6 tomatoes)

1 jalapeño or 2 serrano chiles, ribs and seeds removed, minced

¼ cup chopped fresh cilantro leaves

2 tablespoons lime juice (about 1 lime)

½ cup onion, finely chopped (about ¼-½ medium onion)

¼-½ teaspoon salt, to taste

## Directions

1. In a medium mixing bowl, add the tomatoes, jalapeno or serrano chiles, cilantro, lime juice, onion, and salt.
2. Stir to combine.
3. Set in the refrigerator to chill for at least 15 minutes before serving.
4. Serve cold or at room temperatures, as a dip or as a condiment.

## Recipe Notes

- To make the salsa hotter, add a quarter to half of the chile seeds to the salsa.
- To cut down on the raw onion flavor, let the chopped onion sit in the bowl with the lime juice while you prepare the other ingredients or rinse it under cold water for 30 seconds.

Nutrition Facts Per Serving: Calories: 10 | Total Fat: 0 g | Saturated Fat: 0 g  
Sodium: 120 mg | Total Carbohydrate: 2.5 g | Dietary Fiber: 0.5 g | Protein: 0.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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