

## **Pico de Gallo II**

Southern Living Best Barbecue Recipes - June 2011

**Preparation Time: 25 minutes**

**Chill: 1 hour**

*Two chopped large tomatoes may be substituted for the grape tomatoes.*

**1 pint grape tomatoes, chopped**

**1 green bell pepper, chopped**

**1 red bell pepper, chopped**

**1 avocado, chopped**

**1/2 medium red onion, chopped**

**1/2 cup fresh cilantro, chopped**

**1 clove garlic, pressed**

**3/4 teaspoon salt**

**1/2 teaspoon ground cumin**

**1/2 teaspoon lime zest**

**1/4 cup fresh lime juice**

In a large bowl, stir together all of the ingredients.

Cover and chill for 1 hour.

Yield: 3 cups

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Per Serving (excluding unknown items): 446 Calories; 32g Fat (57.7% calories from fat); 8g Protein; 45g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 1633mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1 Fruit; 6 Fat.