
Pico de Gallo

Chef Mary Moreno - Marina Jack Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992

1 small bunch cilantro
one-half fresh lime
1 medium sweet white onion
1 medium red onion
1 bunch scallions
1/8 cup minced garlic
1/4 cup green chilies, chopped
1 large cucumber
2 large tomatoes
1 medium jalapeno
salt (to taste)
pepper (to taste)
1/2 cup red wine vinegar
1/8 cup sugar

Finely chop the cilantro. Peel and seed the cucumber and cut into small dice. Seed and mince the jalapeno. Finely dice all onions and tomatoes.

Place all of the ingredients in a large bowl. Add the salt, pepper, garlic, sugar and chilies. Pour in the vinegar and squeeze in the lime juice.

Chill for at least 30 minutes to allow the flavors to blend together.

This salsa can be served with blackened fish, chicken, quesadillas or chips.

(The salsa will keep several days in the refrigerator.)

Yield: 2 cups

Salsa

Per Serving (excluding unknown items): 299 Calories; 2g Fat (4.5% calories from fat); 8g Protein; 73g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 43mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 Vegetable; 0 Fat; 2 Other Carbohydrates.