

Sauces

Pico de Gallo

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3 tomatoes, chopped

1 jalapeno, seeded and diced

1 red onion, diced

2 tablespoons cilantro, chopped

1/4 teaspoon ground cumin

salt (to taste)

In a small bowl, combine the tomatoes, jalapeno, red onion, cilantro, cumin and salt. Mix well.

Per Serving (excluding unknown items): 154 Calories; 2g Fat (9.2% calories from fat); 6g Protein; 34g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fat.