**Pico de Gallo**

20 minutes
8-10 servings

**Ingredients:**
- 6 ripe plum tomatoes, seeded and finely chopped
- 1 large white onion, finely chopped
- ¾ cup cilantro leaf, chopped
- 3 jalapeno peppers, seeded and finely chopped
- 2 tablespoons lime juice
- 1 bag Tortilla Chips

**Directions:**
- Cut and chop ingredients as indicated.
- Combine all ingredients in large bowl.
- Serve with tortilla chips.
- Alternative uses: add to quesadillas, tacos, or salad.

**Did you know?** Also called salsa fresca, pico de gallo is a freshly prepared salsa that is low in liquid content, and used as a condiment to many Mexican dishes. Chili peppers are always found in pico de gallo; in this recipe, jalepeno is used. Jalepenos are picked before turning red, and their heat is found in the seeds. The green flesh is more mild in flavor. So, if you like it hot, leave in the seeds!

**Benefits:** Tomatoes are packed with vitamin C, which is water-soluble and helps the absorption of iron. Upon cooking tomatoes, some vitamin C is lost. However, in this recipe, vitamin C remains intact upon consumption, since the tomato is raw. Lime juice also has vitamin C.

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