

Featured Vegetable

Tomato

Tasty raw or cooked and contains Vitamin C and lots of heart healthy lycopene!



Pico de Gallo "beak of the rooster"

Ingredients	Directions
<ul style="list-style-type: none">● 1 red onion● 4 large tomatoes or 1 large can diced tomato● 1 lime, juiced● 1/4 bunch of cilantro● salt to taste● Optional: hot sauce or diced fresh peppers	<ul style="list-style-type: none">● Wash hands, wash everything!● In a food processor or blender, pulse onions until finely chopped, or chop by hand.● Add all of the remaining ingredients.● Pulse or stir until combined.● Pico de Gallo is meant to be a spicy dish, so you may add hot sauce or finely diced peppers if you wish.● Serve with chips or over tacos or another dish.