



Recipes

PICO DE GALLO

Pico de gallo, a Mexican relish, is Spanish for “rooster’s beak”. It usually consists of chopped tomato, red onion, jalapeno pepper and cilantro.

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| 1 1/2 cups (375 mL) finely chopped seeded tomato | 1 tsp (5 mL) olive oil |
| 1/4 cup (50 mL) finely chopped red onion | 1/2 tsp (2 mL) finely chopped jalapeno pepper |
| 1 tbsp (15 mL) chopped fresh cilantro | 1/4 tsp (1 mL) salt |
| 1 tbsp (15 mL) fresh lime juice | |

Combine all ingredients. Cover and refrigerate for up to 2 hours. Serve with fish or chicken.

Makes about 1 1/2 cups (375 mL).

Cook’s Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*