



Pico De Gallo (with Peppers)

YIELD: 6 SERVINGS (1/2 CUP)

PREP TIME: 10MIN

BY: COMMS ADMIN SEP. 22, 2020

Pico De Gallo (with Peppers)

PREP TIP: LOOK FOR FIRM PEPPERS WITH GREEN STEMS & THICK, SHINY, SMOOTH SKIN. STORE WHOLE PEPPERS IN A SEALED PLASTIC BAG IN THE REFRIGERATOR FOR UP TO 1 WEEK. WRAP CUT PEPPERS IN PLASTIC AND STORE IN REFRIGERATOR FOR UP TO 3 DAYS.

CHANGE IT UP: ADD TO SCRAMBLED EGGS AND ROLL IN FLOUR TORTILLAS FOR BREAKFAST BURRITOS. TO ADD A LITTLE HEAT, ADD CHOPPED AND SEEDED JALAPENO. FOR A BIT OF SWEET TO BALANCE THE SPICE, ADD FRESH WATERMELON OR PEACHES

NUTRITION TIP: GREEN BELL PEPPERS ARE HARVESTED BEFORE THEY HAVE A CHANCE TO TURN FROM YELLOW TO ORANGE TO RED. AS BELL PEPPERS MATURE, THEIR TASTE BECOMES SWEETER & MILDER. RED PEPPERS HAVE THE MOST NUTRIENTS- HALF A CUP OF CHOPPED RED PEPPERS CONTAINS ALMOST DOUBLE YOUR DAILY VITAMIN C NEEDS.

INGREDIENTS:

- 3 MEDIUM TOMATOES, SEEDED & CHOPPED
- 1 STALK CELERY, THINLY SLICED
- 2 TABLESPOONS APPLE CIDER VINEGAR
- 1/4 TEASPOON SALT
- 1 MEDIUM GREEN PEPPER, SEEDED & CHOPPED
- 1/2 CUP RED ONION, CHOPPED
- 1 TABLESPOON SUGAR
- 1/8 TEASPOON BLACK PEPPER

INSTRUCTIONS:

1. IN A LARGE BOWL, COMBINE ONION, CELERY, TOMATOES, & GREEN PEPPER.
2. IN A SMALL BOWL, COMBINE SALT, PEPPER, SUGAR, & VINEGAR. STIR IN TOMATO MIXTURE.
3. COVER & REFRIGERATE FOR AT LEAST 2 HOURS, STIRRING SEVERAL TIMES. SERVE WITH A SLOTTED SPOON.

NUTRITION FACTS (PER PORTION)

-35 CALORIES -8G CARBOHYDRATES
-4G SUGAR -2G FIBER
-1G PROTEIN -150MG SODIUM



Provided by GLITC SNAP-Ed Program
*An equal opportunity provider and employer
funded partially by USDA's Supplemental
Nutrition Assistance Program-SNAP*