

Pico De Gallo Salsa

Chef John Hughes

The GYPSY KITCHEN

www.the-gypsy-kitchen.com

Yield: 2 Cups

2 Medium Tomatoes, seeded and diced

1 Medium Shallot, finely chopped

1 Medium Avocado, Ripe, diced small

1 Small Jalapeno Chile Pepper, finely diced

1 Clove Garlic, finely minced

1 Teaspoon Champagne Wine Vinegar

1 Tablespoon Lime Juice, Fresh

1 Teaspoon Cilantro Leaves, Whole, finely chopped

To Taste Sea Salt

To Taste Cracked Black Pepper

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In a medium-sized mixing bowl, combine all of the ingredients until well mixed.

Cover with plastic wrap and refrigerate for at least an hour. Can be stored in airtight container for up to 2-days.

Always wash your hands thoroughly with soap and water after handling any type of hot pepper, such as jalapeno.

Per Serving (excluding unknown items): 68 Calories; 1g Fat (10.2% calories from fat); 3g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 3 Vegetable; 0 Fat; 0 Other Carbohydrates.