

06/15/10 - Pico De Gallo



A sublime taste and texture combination, Pico De Gallo is the ubiquitous condiment in my home. Ripe bold summer tomatoes give a full mouth feel accented with the crispness and piquant flavor of raw onions and jalapeños, all tempered out with fragrant minced cilantro and zippy fresh lime juice. Pico de gallo can top plain rice, Spanish rice, omelets, or salads for zero calorie dressing. It is great inside tacos, pitas filled with anything, or on top of grilled, chicken, fish, or beef. My husband even eats pico de gallo as a kicked up version of gazpacho soup right from the bowl! This Father's Day I have decided on a South of the border themed menu and we will have lots of Pico de Gallo to go along with home made tortillas, guacamole, grilled steak, grilled chicken thighs, Pastelitos, Turkey Chili etc...

serves 4 to 6

4 vine ripe Roma tomatoes

1/2 Spanish onion

1/2 bunch cilantro

1 jalapeño chili

1/2 teaspoon salt (optional)

1 to 2 limes



Cut tomatoes in a small dice about $\frac{1}{4}$ inch and place them in a medium bowl. Next, dice onion into small pieces. Wash and dry cilantro ahead of time. It is easier

to chop when it is dry. Chop cilantro. Carefully slice sides off jalapeño, leaving seed core intact. Discard seed core. If you are unfamiliar with hot chilies, wear gloves. Sometimes you may have a potent chili and if you touch your fingers to your face after touching the chili, it will burn.

Julienne chili and then, mince it very small. Add chili, onion, and cilantro to tomatoes in bowl. Squeeze limes and add about 2 tablespoons juice to bowl. Season pico de gallo with salt if you prefer. Toss all ingredients together and



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