

## **Pico de Gallo**

### **Prep time:**

10 minutes

### **Yields:**

4 servings

### **Ingredients:**

2 Roma tomatoes, seeded and diced

1 oz. onion, diced

1 tablespoon jalapeno, minced

1 tablespoon cilantro, chopped

1 tablespoon lime juice

salt and pepper to taste

### **Directions:**

Combine all ingredients and mix well.

Chef Mat Shalenko, Health Coach

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