



## Pico de Gallo (Fresh Tomato Salsa)

Yield: About 1 cup (250mL)

Preparation Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> <li>• 4 small fresh tomatoes (such as Roma tomatoes)</li> <li>• ¼ small onion</li> <li>• A few sprigs cilantro, or to taste</li> <li>• 1 garlic clove</li> <li>• ½ tsp (2mL) salt</li> <li>• ½ lime, juiced</li> <li>• Pinch chili flakes or dash hot sauce (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Cutting board</li> <li>• Small sharp knife</li> <li>• Medium-sized bowl</li> <li>• Garlic press or micro-plane</li> <li>• Measuring spoons</li> <li>• Juicer or reamer</li> <li>• Soup spoon</li> </ul>

### Method:

1. Wash the tomatoes. On a cutting board, cut the tomatoes in ½, from the core to the tip. Hold on to the tomato with your hand shaped like a claw to protect your fingers. Cut each half into 1 cm wide slices then cut the slices into small squares. Place in a small bowl.
2. Cut the onion in half from the hairy root end to the tip then cut in half again. Remove the skin from 1/4 onion. (Wrap up and save the other onion pieces in the fridge for another use.) Cut 1/4 onion into 1 cm wide slices. Cut each slice into 1 cm wide strips. Add to the tomatoes.
3. Pick the leaves off of the cilantro then tear the leaves, adding them to the tomatoes.
4. Peel the skin from the garlic and press the clove through a garlic press or grate with a microplane. Add to the tomato mixture.
5. Juice the ½ lime with a juicer or reamer and add to the tomato mixture.
6. Add the salt to the mixture and mix together with a spoon.
7. Let sit for about 15 minutes before eating. Refrigerate any leftovers.

### Tasty Tip:

- You can also add chili flakes or hot sauce to the salsa if you like things a little spicy .