



Pico De Gallo

Ingredients:

- 2 tomatoes, diced
- ½ onion, diced
- 1 bunch of cilantro, chopped
- ½ cucumber, diced
- 1 jalapeno, diced
- Juice of 1 lemon
- 1 tablespoon of olive oil
- Salt and pepper to taste

Directions:

1. Mix all ingredients together in a blender or food processor.
2. Add salt and pepper to taste
3. Serve. Bon Appétit!

Servings: makes 2 servings.

Each serving = ¾ cup occasional vegetables, ½ cup select vegetables, daily healthy fat.

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