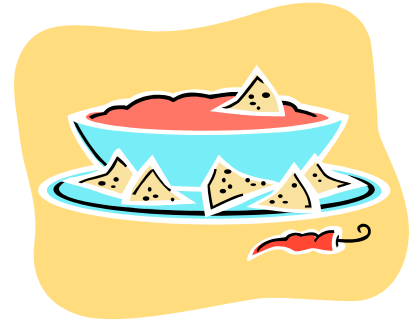


Pico De Gallo (Gluten Free)

Prep Time: 20 minutes

Ready in: 50 minutes

Servings: 4 servings



Ingredients:

- 4 medium roma tomato, diced
- 1 onion, finely chopped
- 1 fresh jalapeno pepper, seeded and chopped
- 1 green pepper, chopped
- 5 springs of fresh cilantro, finely chopped
- ½ teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste), green pepper and cilantro. Season with garlic powder, salt, and pepper (to taste). Stir until evenly distributed. Refrigerate for 30 minutes to blend flavors. Serve with your favorite tortilla chips.

****Tip:** Spicy foods contain chemical compounds that can actually boost your metabolism for a short time!

Nutrition Information (Per serving):

Calories: 33 calories

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0g

Sodium: 73mg

Total Carbohydrates: 7g

Sugar: 2g

Protein: 1g

Recipe by Haley Deike, MSU Alumni

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