



## Italian Pico de Gallo

4 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- 6 Roma tomatoes, diced
- 1 green bell pepper or poblano, diced
- 1 red onion, finely diced
- ½ teaspoon garlic powder
- 1 teaspoon fresh or dried basil
- 1 teaspoon oregano
- 1 teaspoon parsley
- ¼ cup balsamic vinegar

### DIRECTIONS

1. In a large bowl, combine tomatoes, pepper, and onion. Mix to combine.
2. Add the garlic powder and herbs. Drizzle with balsamic vinegar and gently mix to combine.

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
<b>Calories</b>	<b>50</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 351mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank

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