

Italian Pico de Gallo

8 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 6 Roma tomatoes, diced
- 1 poblano pepper, diced
- 1 shallot, finely diced
- ½ teaspoon garlic powder
- 1 teaspoon dried or fresh basil, chopped
- 1 teaspoon oregano, chopped
- 1 teaspoon parsley, chopped
- 2 Tablespoons balsamic vinegar

DIRECTIONS

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

Nutrition Facts	
8 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	20
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 168mg	4%

*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



chefs.org
[@CHEFSanAntonio](https://www.instagram.com/CHEFSanAntonio)



© Culinary Health Education for Families