

McDougal's Farm LLC

What's Growing On!

Recipes

Juan's Pico De Gallo

from Cooks.com

Any of us who have eaten 'good' Mexican food and have ordered a side dish of Pico De Gallo to spice up our entre' know what is good... and good for us!

5 medium ripe tomatoes
2 green onions or one large mild onion
1 clove garlic, chopped fine
2 fresh jalapenos, seeds and pith removed (wear rubber gloves)
1 small bunch cilantro, chopped
a few drops of olive oil (optional)
juice of 1/2 lime
salt, to taste

Pell, seed and cut up the tomatoes. Chop the onion fine and or the green onion as well. Peel and chop the garlic fine. Split the jalapenos in half, remove the stems (pith) and seeds, then chop fine adding the fresh cilantro.

Place all of these ingredients into a glass bowl. Squeeze in the juice from the half lime and mix well. Salt to taste? Refrigerate for at least 2 hours