

Tomato & Cucumber Salsa



This twist on traditional pico de gallo adds cucumber for a light refreshing taste and bell pepper for extra crunch.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 cup	Cucumber, diced small
1/2 cup	Tomato, diced small
1/2 cup	Red Onion, diced small
1/2 cup	Red Bell Pepper, diced small
1 small	Jalapeno, minced
2 Tbsp	Lime, juiced
2 Tbsp	Cilantro, fresh, chopped
1/2 tsp	Kosher Salt
1/2 tsp	Cumin, ground

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, combine all of the ingredients. Let the salsa sit for at least 10 minutes for the flavors to marinate together.

CHEF'S NOTES

You can use lemon instead of lime, and fresh parsley instead of cilantro.

The salsa can be stored in a sealed container for up to 3 days in the refrigerator.

This side is super simple to prepare and makes a perfect addition to homemade tortilla chips. It also works well as a topping for tacos, grilled chicken, fish or shrimp.

Nutrition Facts

8 servings per container

Serving Size 1/4 cup (54 g)

Amount per serving

Calories 10

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 2g 0%

Dietary Fiber less than 1g 2%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 0.08mg 0%

Potassium 56mg 0%

*The % Daily Value (DV) 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.

