

PICO DE GALLO

INGREDIENTS:

4 - 6 Roma tomatoes, chopped
1 - 2 garlic cloves, minced
1 medium or large onion, any variety, chopped
2 - 3 avocados, chopped by hand only
1/4 - 1/2 cup fresh cilantro, chopped fine
juice from 1 - 2 limes, freshly squeezed, preferably
salt, pepper and or other spices to taste

DIRECTIONS:

1. Add first 5 ingredients ingredients to a large bowl, gently toss.
2. Squeeze lime juice over ingredients.
3. Add salt and pepper and other spices to taste and gently toss to incorporate.
4. Allow to sit, covered, in refrigerator 1 – 2 hours before serving to allow flavors to develop.

TIPS:

This is a very flexible recipe; you can add or delete, increase or decrease ingredients as you like.

Also, you can make it as chunky or as smooth as you'd like by putting the ingredients into a food processor, but I would leave out the avocados for obvious reasons. If you do that, though, pulse the ingredients very briefly or you will wind up with soup. One of the hand-crank manual food choppers works best for this task - all ingredients except for the avocados, that is.

If using avocados and if possible, prepare this earlier on the same day you plan to serve it (and keep it refrigerated) as the avacados tend to brown as time passes. They may look bad, but they are okay for a couple of days - just keep stirring it up from time-to-time.

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