 **Pico de Gallo**

*Serves 6*

**Ingredients**

½ yellow onion, finely chopped

½ jalapeno, seeded and minced (optional)

1 lime, juiced

4 Roma Tomatoes, diced

¼ cup cilantro, chopped

Salt and pepper to taste

**Directions**

1. Mix all ingredients in a bowl. Cover and refrigerate for at least 30 minutes before serving.

**Nutrition**

*30 cals, 6g C, 1g P, 0g F*