

PICO de GALLO

YIELD: 100 1/4 cup servings

Chef Sam Icklan

I like this recipe because it combines canned tomatoes with fresh produce, making it both flexible and budget friendly. I always think fresh tomatoes taste best in the summertime (especially if they're locally grown!), and you may find that for Summer Eats, you'll want to make this entirely out of delicious, fresh tomatoes that you're not able to get during the regular school year. To do that, simply omit the canned diced tomatoes and double the quantity of fresh tomatoes in the recipe. As always, feel free to adjust the level of spice in the recipe, and try adding one or two jalapeño peppers (be sure to remove the seeds!) if you're cooking for older students.

INGREDIENTS

- 12 1/4 cups canned diced tomatoes (1 no. 10 can), drained
- 13.2# fresh tomatoes, cut into 1/2" pieces
- 2 large red onion, cut into 1/2" pieces
- 2 medium red or green bell pepper, cut into 1/2" pieces
- 1/4 cup fresh garlic, minced
- 1 1/2 cups chopped fresh cilantro (about 2 bunches)
- 1/4 cup fresh lime juice
- 2 TBSP chili powder
- 1 TBSP ground cumin
- 1 TBSP onion powder
- 1 TBSP paprika
- 1 TBSP dried oregano
- 1/3 cup vegetable oil
- 2 TBSP kosher salt

DIRECTIONS

1. In a food processor fitted with the blade attachment, pulse tomatoes, onions, peppers, garlic and cilantro until vegetables are finely chopped but still somewhat chunky.
2. Transfer to a large mixing bowl and add the rest of the ingredients. Stir well.
3. Reserve for service at room temperature or refrigerate in a tightly sealed container for up to a week.

RECIPE NOTES - PICO de GALLO

Recipe credits as 1/4 cup red/orange vegetables

Nutritional information per serving*: 27 calories; 0.08 g sat. fat; 105.5 mg sodium; 4.4 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*