

Pico de Gallo: Fresh Tomato Salsa

Portion size: 16 servings, 1.766 oz each

Ingredients:

- 1 1/2 cups (9.524 oz) of Tomatoes (about 2 medium), seeded and finely diced
- 1/3 cup (0.188 oz) chopped cilantro
- 1/4 cup (1.411 oz) finely chopped white onion
- 1 small (.494 oz) fresh jalapeño or serrano chile, finely chopped, including seeds, or more to taste
- 1 tablespoon (.536 oz) freshly squeezed lime juice, or more to taste
- 1/2 teaspoon (.106 oz) table salt
- 16 oz Tortilla Chips

Preparation:

Mix the tomatoes, cilantro, onion, jalapeño pepper, lime juice, and salt together in a bowl. Season to taste with additional jalapeno pepper, lime juice, and salt, if needed. Serve with tortilla chips.

Tomatoes, jalapeño peppers, and cilantro can all be purchased at 'The Little Chicken Ranch' vendor at Statesboro Farmers Market! **No major allergens in this salsa recipe!

Total Cost of Recipe: \$8.317

Cost per serving: \$0.519



Nutrient Analysis, per serving:

Calories: 145 kcal

Total Fat: 7.04 g

Sat fat: 1.01 g

Trans fat: N/A

Cholesterol: 0.00 mg

Sodium: 184.82 mg

Carbohydrates: 19.04 g

Fiber: 2.28 g

Protein : 2.19 g

Vitamin A: 11.79 RE/ 173.12 IU

Vitamin C: 3.92 mg

Calcium: 74.20 mg

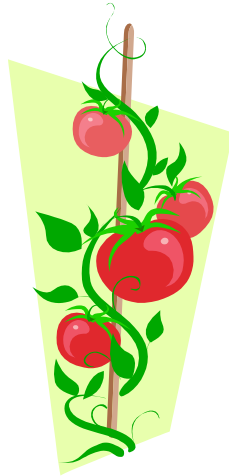
Iron: 1.35mg



Benefits of Local & Organic

Researchers at the Environmental Working Group advise to buy these foods organically in order to avoid ingestion of excessive pesticides.

- Apples
- Celery
- Cherries
- Imported grapes
- Lettuce
- Nectarines
- Peaches
- Potatoes
- Raspberries
- Spinach
- Strawberry
- Sweet bell peppers



“People should know that 97% of our exposure to pesticide residues come from consuming fresh produce” - Myra Goodman, founder of Earthbound Farm, the largest grower of organic produce in the United States

Reasons to choose organic foods:

1. Foods are grown without toxic synthetic pesticides and fertilizers
2. Protects workers, wildlife, and nearby homes, schools, and businesses
3. Assures you are not eating genetically modified or irradiated foods– look for the USDA seal
4. Avoids antibiotic and artificial growth hormones in meat and dairy
5. Promotes healthy soils
6. Preserves biodiversity– balances the ecosystem for long-term health of our environment
7. Mitigates global warming
8. Keeps local drinking water clean

Locally grown foods do not travel more than 100 miles from where they are produced to when purchased. Buying local foods supports farmers in the nearby area and stimulates the economy on a community scale. These foods also tend to be fresher and more flavorful than foods bought from commercial grocery stores. Local foods may also mitigate some of the environmental harms caused by large scale production.

Meal Management 3536: Rebecca Bligh, Michala Howard, Keyaira Hunt, Bethany Soph, Alyssa Strom