

## Pico de Gallo

1/2 cup vinegar  
1/8 cup sugar  
10 Roma tomatoes, seeded and chopped  
1 large red onion chopped  
6 large jalapeños, seeded and chopped  
1 bunch of cilantro, finely chopped  
3 tablespoons fajita seasoning

On high heat, bring vinegar to a boil in a small sauce pan. Add sugar and boil until sugar dissolves. Remove from heat and allow mixture to cool. Prepare fruits and vegetables. Core and chop the tomatoes and jalapenos (wash hands thoroughly after prepping jalapenos). Peel and chop the onion. De-stem and finely chop the cilantro. When all fruits and vegetables are prepared, combine them in a medium sized bowl. Add liquid mixture to bowl. Stir well. Add fajita seasoning, stirring between each tablespoon. May be served immediately but is best when chilled overnight. May serve with chips, baked tortillas, or will compliment any dish. Yields approximately 4 cups. Serving size is ½ cup. Approximately 46 calories per serving.

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Intermediate-Fruit and Vegetable