



# Pico de Gallo

## USDA Recipe for Schools

Our Pico de Gallo recipe features fresh tomatoes, red onions, garlic, cilantro, green onions, jalapeno peppers, and Mexican spices.

**NSLP/SBP CREDITING INFORMATION**

**¼ cup provides ⅓ cup red/orange vegetable and ⅓ cup other vegetable.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, fresh, chopped	5 lb	2 qt 2 ⅔ cups	10 lb	1 gal 1 qt 1 ⅓ cups	<b>1</b> Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
*Red onions, fresh, diced ¼"	1 lb 8 oz	1 qt ⅔ cups	3 lb	2 qt 1 ⅓ cups	
*Jalapeno peppers, fresh, seeded, diced ¼"	6 oz	1 cup	12 oz	2 cups	
Cilantro, fresh, finely chopped	2 oz	3 ½ cups	4 oz	1 qt 3 cups	
*Green onions, fresh, finely chopped	4 oz	⅔ cup	8 oz	1 ⅓ cups	
Salt		⅔ tsp		1 ⅓ tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper, ground		⅓ tsp		1 ⅓ tsp	
Garlic powder		2 Tbsp		¼ cup	
					<b>2</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.
					<b>3</b> Critical Control Point: Hold at 41 °F or below.
					<b>4</b> Serve in small 2 oz soufflé cups.
					<b>5</b> Portion with No. 16 scoop ( ¼ cup).



**NUTRITION INFORMATION**

For ¼ cup (No. 16 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>16</b>
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<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>35 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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Vitamin D	0 IU
Calcium	11 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb 8 oz	5 lb
Jalapenos	8 oz	1 lb
Green onions	6 oz	12 oz
Tomatoes	5 lb 12 oz	11 lb 8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

50 Servings	100 Servings
About 7 lb 2 oz	About 14 lb 4 oz
About 3 qt 2 ¼ cups/50 small soufflé cups (2 oz)	About 1 gal 3 qt ½ cup/100 small soufflé cups (2 oz)

