



Recipes

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Salsa Fresca

Serves 1

Ingredients:

1/2 chopped Onion , red or white
2 Tbsp. fresh Lime Juice
5 Roma (plum) Tomatoes , seeded and diced
1/2 cup fresh Cilantro stemmed and chopped
2 - 3 Jalapeno Peppers , or Serrano Chiles, stemmed,
seeded and minced
Salt , to taste
Pepper , to taste

Directions:

1. Combine the onions and lime juice in a medium bowl.
2. Add remaining ingredients except the salt.
3. Stir well. Season with salt and pepper and serve immediately.
4. Salsa Fresca is also known as Pico de Gallo. Serrano chilies can be substituted for jalapeños. The amount of chilies can be modified, depending on the desired heat level. Rinsing the onions can alleviate the harsh aftertaste.