

## **Pico De Gallo**

### **Ingredients:**

8 roma tomatoes diced  
1 jalapeno seeded and diced  
1 red onion diced  
2 cloves garlic minced  
2 Tbsp Lime juice  
1/4 cup chopped cilantro  
Salt and pepper to taste.

### **Directions:**

Combine all ingredients add salt and pepper to taste, if you would like it spicier add two jalapenos and keep one with the seeds in.

## **Western Guacamole**

### **Directions:**

Take the pulp of an avocado and add the above pico de gallo to your desired consistency and taste.

## **Salsas**

The salsas served at the event were not made in house at the CHI Health Center so no recipe is available. Feel free to use your own favorite salsa.

The ingredients for the mild salsa were: tomato, onion, tomato puree, vinegar, garlic, jalapeno, green chilis, paprika

The ingredients for the chipotle salsa were: tomato, onion, tomato puree, vinegar, chipotle peppers