

Blueberry Pico De Gallo



Calhoun Area Career Center

Ingredients

1 pint fresh blueberries – washed and chopped
¼ c red onion-chopped fine
1 jalapeno- chopped fine
2 cloves garlic- minced
2 Tbsp. cilantro- chopped
1 lime- juiced
Salt and pepper to taste

Directions

Mix everything together in a bowl, season with salt and pepper if desired.
Enjoy!

Nutritional Information	Servings 6
Calories per serving	21
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	1mg
Total Carbohydrates	5g
Dietary Fiber	1g
Protein	0