



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Pico De Gallo - USDA Recipe G150 for Schools

Makes: 50 or 100 Servings



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Fresh tomatoes, chopped	5 lb	2 qt 2 2/3 cups	10 lb	1 gal 1 qt 1 1/3 cups
*Fresh red onions, diced 1/4"	1 lb 8 oz	1 qt 2/3 cups	3 lb	2 qt 1 1/3 cups
*Fresh jalapeno peppers, seeded, diced 1/4"	6 oz	1 cup	12 oz	2 cups
Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups
*Fresh green onions, finely chopped	4 oz	2/3 cup	8 oz	1 1/3 cups
Salt		2/3 tsp		1 1/3 tsp
Ground black pepper		2/3 tsp		1 1/3 tsp
Garlic powder		2 Tbsp		1/4 cup

Directions

1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
2. Critical Control Point: Cool to 41 °F or lower within 4 hours.
3. Critical Control Point: Hold at 41 °F or below.
4. Serve in small 2 oz souffle cups.
5. Portion with No. 16 scoop (1/4 cup).

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

Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/4 cup vegetable serving.

My Notes

Nutrition Information

Nutrients	Amount	Meal Components
Calories	16	Vegetables
Total Fat	0 g	Red & Orange 1/8 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	0 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	35 mg	
Total Carbohydrate	4 g	
Dietary Fiber	1 g	
Total Sugars	2 g	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	0 IU	
Calcium	11 mg	
Iron	0 mg	
Potassium	128 mg	
N/A - data is not available		