

Citrus Pico

Mrs. Dash shows off the versatility of classic pico. Fresh chopped tomatoes, red onion, jalapeno, fresh grapefruit, cilantro, lime juice and the refreshing zest of Mrs. Dash are combined for an intoxicating blend; adding flavor & nutrition to your meal



Serving Size: 0.25 - CUP

Portions: 24

Ingredients

Mrs. Dash Original Seasoning
 Roma tomatoes, fresh, cored, small dice
 whole red onion, medium size, small dice
 whole jalapeno, fresh, mince
 whole grapefruit, fresh, ruby red, segments, rough chopped (squeeze juice from sliced peel into the pico mixture)
 cilantro, fresh, rough chopped
 lime juice, fresh

Measure

2 Tbsp
 8 each
 1/2
 1/2
 4
 2 Tbsp
 2 tsp

Preparation

1. Evenly combine all ingredients in a mixing bowl.
2. Reserve cold for service.
3. Serve 1/4 C for 1 serving (as a spoon over flavor or side) and enjoy!
4. HINTS: Citrus pico can be used as a spoon over, a dip, a mix in ingredient, a flavoring agent.
5. Using ruby red or pink grapefruit adds delicious color to the pico.
6. Substitute other chiles (ancho, guajillo, chipotle, Anaheim) for the jalapenos.
7. Use in season different varieties of colored tomatoes for additional appeal.
8. Canned tomatoes (two -28 oz. can) could be substituted for the 8 fresh chopped Roma tomatoes.

Nutrition Facts

Serving Size: 0.25 CUP

Servings: 24

Amount Per Serving

Calories 22

Calories from Fat 1

	Per Serving	% Daily Value*	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Sodium	2 mg	0%	
Total Carbohydrate	5 g	1%	
Dietary Fiber	1 g	4%	
Sugars	1 g		
Protein	1 g		
Vitamin A	8 %	Vitamin C	35 %
Calcium	0 %	Iron	0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4