

Pico De Gallo

Description

Pico de Gallo means "rooster's beak". The story goes that this fabulous salsa dish gets its name from the pinching action of your thumb and fore finger. Go ahead, use your imagination, that looks like a rooster's beak, right?

In America, Pico de Gallo has generally come to mean fresh and simple tomato salsas, usually fresh tomatoes, onions and ingredients chopped in slightly larger chunks. Serve as a salad or light meal on a bed of lettuce with fresh crisp home made tortilla chips or place it along side your favorite grilled chicken or fish.

Ingredients

- 2 cups jicama, peeled and finely diced
- 1/4 cup fresh lime juice
- 2 navel oranges, sectioned and diced, seeds removed.
- 1 tsp pure ground piquin chile powder, to taste
- 2 tbsp chopped fresh cilantro
- 2 cups fresh field greens

Instructions

- Toss together the jicama, lime juice, and salt. Let sit at room temperature for 1 hour, tossing occasionally.
- Add the diced oranges and cilantro and toss together.
- Allow to chill for several hours. (OK, I know you're impatient, let it sit for at least 15 minutes)
- Before serving, remove the salsa from the refrigerator and let it come to cool room temperature. Pour off any excess liquid into a small bowl and reserve for later use.
- Place the lettuce or greens on a platter and top with the Pico de Gallo.

Serve at once. Makes 4 to 6 servings.

Notes

Note: Prepare this dish at least 2 hours before serving; it will keep in the refrigerator for a day.