

Pico De Gallo - USDA Recipe G150 for Schools

Meal Components: Vegetable - Red / Orange, Vegetable - Other

G15

Ingredients	50 Servings		100 Servings		Directions
	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	<ol style="list-style-type: none"> Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service. Critical Control Point: Cool to 41 °F or lower within 4 hours. Critical Control Point: Hold at 41 °F or below.
*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	

2. Critical Control Point: Cool to 41 °F or lower within 4 hours.

3. Critical Control Point: Hold at 41 °F or below.

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.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	2 lb 8 oz	5 lb
Jalapenos	8 oz	1 lb
Green onions	6 oz	12 oz
Tomatoes	5 lb 12 oz	11 lb 8 oz

Serving	Yield	Volume
See Notes	<p>50 Servings: about 7 lb 2 oz</p> <p>100 Servings: about 14 lb 4 oz</p>	<p>50 Servings: about 3 quarts 2 1/4 cups / 50 small souffle cups (2 oz)</p> <p>100 Servings: about 1 gallon 3 quarts 1/2 cup / 100 small souffle cups (2 oz)</p>

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Nutrients Per Serving

Calories	16	Saturated Fat		Iron	
Protein	1 g	Cholesterol		Calcium	11 mg
Carbohydrate	4 g	Vitamin A	502 IU	Sodium	35 mg
Total Fat		Vitamin C	12 mg	Dietary Fiber	1 g