

Mexican Pico de Gallo

★★★★★
5 from 1 vote

Prep Time

10 mins

Total Time

10 mins

This Mexican Pico de Gallo recipe is made with fresh tomatoes, onions, jalapenos, cilantro and salt for a naturally gluten free, low carb, paleo, vegetarian and vegan salsa and appetizer!

Course: Salsa
Cuisine: Mexican
Servings: 8 servings
Calories: 30 kcal
Author: Isabel Eats



Ingredients

- 6 cups diced roma tomatoes (about 3 to 4 large tomatoes)
- 1 cup diced white onions (about 1 large onion)
- 4 large jalapeño peppers, seeded, deveined and diced
- 3/4 cup chopped cilantro (about 1/2 a bunch)
- 2 limes, juiced (about 4 tablespoons)
- 1 pinch of salt, to taste

Instructions

1. Add all ingredients to a large bowl.
2. Mix together, taste, and season with more salt if necessary.
3. Enjoy immediately or cover and refrigerate until ready to serve.

Notes

To make it spicy: don't seed or devein the jalapeños. You can also use serrano peppers for an even spicier salsa.

Nutrition Facts

Mexican Pico de Gallo

Amount Per Serving (1 /8th of recipe)

Calories 30

	% Daily Value*
Potassium 35mg	1%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	2%
Vitamin A	12%
Vitamin C	39%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.

Mexican Pico de Gallo <https://www.isabeleats.com/mexican-pico-de-gallo-recipe/>

SHRIMP AND FISH TACOS

YIELD: 6 to 8 tacos

PREP TIME: 15 minutes

COOK TIME: 15 minutes

TOTAL TIME: 30 minutes

Ingredients:

- 1 pound large or jumbo shrimp, peeled, deveined, and tails removed (fresh or frozen and thawed)
- 1 tablespoon extra-virgin olive oil, divided
- 1 teaspoon chili powder
- 1 teaspoon ground chipotle chili
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 6 to 8 corn or flour tortillas
- Garnishes: avocados, cilantro, sour cream (or Greek yogurt), lime wedges
- 1 cup of mayo
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, peeled
- 1/2 small jalapeno, seeds and membranes removed
- 1/4 cup tightly packed fresh cilantro leaves
- 1/4 teaspoon kosher salt
- Zest and juice of 1 large or 2 very small limes (about 2 teaspoons zest and 3 tablespoons juice)
- 2 cups shredded cabbage or slaw mix
- 4 radishes julienned for the slaw

Directions:

1. Rinse and pat the shrimp dry, then transfer to a large mixing bowl. Drizzle with 1/2 tablespoon olive oil and sprinkle with the chili powder, chipotle chili, cumin, and salt. Toss to coat evenly. Let rest while you prepare the shrimp taco sauce and slaw.
2. Prepare the sauce and slaw: In a food processor fitted with a steel blade or do by knife., process the mayo, olive oil, garlic, jalapeno, cilantro, salt, lime zest, and lime juice. Taste and adjust seasonings as desired. Place the cabbage in a mixing bowl and toss with about 1/2 cup of the sauce. Add more sauce if you desire a creamier slaw, then reserve the rest of the sauce for serving.

3. Cook the shrimp: In a large nonstick skillet over medium high, heat the remaining 1/2 tablespoon olive oil. Add the shrimp and sauté just until the shrimp is cooked through and no longer translucent in the center, about 4 minutes. Do not overcook! Transfer the shrimp immediately to a plate.
4. Warm the tortillas (optional) and assemble the tacos: If you like, warm the tortillas in the microwave (put them in a stack and cover them with a lightly damp towel) or a 250 degree F oven while the shrimp cook. To serve, fill the tortillas with your desired number of shrimp, then top generously with the slaw, extra sauce, a squeeze of lime juice, and any other desired toppings. Enjoy immediately.
- *The shrimp tastes best the day it is made but can be stored in the refrigerator for up to 3 days. Since shrimp tends to dry out when reheated, I prefer to use the leftovers on top of salads. Slaw can be stored in the refrigerator for up to 2 days, and any extra sauce can be refrigerated for up to 5 days.*

I also use the same marinade for the fish, but I cook it in a cast iron skillet 4 minutes per side on high heat to blacken it.

Nutrition Information

Serving Size: 1 taco (of 8), including tortilla, shrimp, and slaw

- **Amount Per Serving:**
- **Calories:** 158 Calories
- **Total Fat:** 6g
- **Saturated Fat:** 1g
- **Cholesterol:** 1mg
- **Carbohydrates:** 14g
- **Fiber:** 2g
- **Sugar:** 3g
- **Protein:** 13g