Red Pepper Pico

From *The Whole Foods Cookbook* (page 290)

This can be served as a salsa that is chunkier then wet. It can also be served over polenta with sliced avocado – yum!

Yields: 1 ½ cups

Ingredients:

- ½ cup small-diced red bell pepper
- ¾ cup seeded and small-diced Roma tomato
- ¼ cup small-diced red onion
- ½ jalapeno, seeded and finely minced (or 1-2 tsp. jarred)
- 1 tbsp. lime juice
- 1 clove garlic, finely minced
- 3 tbsp. chopped fresh cilantro
- Sea salt to taste

Directions:

1. Place all ingredients in a small bowl, gently toss and serve.