



RADISH - PICO DE GALLO

Ingredients

- 10 to 12 radishes
- 3 tablespoons of lemon juice
- 2 tablespoons olive oil
- 1 jalapeno
- 1/3 of an onion
- 1/4 cup of cilantro
- 1/4 teaspoon of salt



Preparation (10 minutes)

- 1. Cut the radishes into strips.**
- 2. Dice jalapeños.**
- 3. Finely chop onion and cilantro.**
- 4. Add salt, lemon and olive oil.**
- 5. Mix all the ingredients in a container.**

Let it sit for at least 5 minutes and serve.

Radishes contain a lot of vitamin C, antioxidant and beneficial against viruses and bacteria.

It also contains enough potassium that protects our cardiovascular health.

