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.