

Quick Tomato Salsa



Green Metallic Sweat Bee and Cilantro

The flowers of many common herbs, such as cilantro, rosemary, thyme, basil and mint, provide great food for bees like the sweat bee. They also help make our food taste better! A great way to enjoy fresh herbs is by making salsa.

Ingredients

- 1 can (15 ounces) **diced tomatoes**
- 1/4 cup **onion**, chopped (a 1/4 medium onion or 2 green onions, including green tops)
- 1 clove **garlic**, chopped or 1/4 teaspoon garlic powder
- Juice of 1 **lime**
- 1 can (4 ounces) diced **green chiles**
- 1/4 cup fresh **cilantro leaves**, loosely packed

Directions

1. Wash hands with soap and water.
 2. Combine ingredients, except cilantro, in a blender. Blend to the thickness you like.*
 3. Finely chop cilantro and stir into other ingredients.
 4. Refrigerate leftovers within 2 hours.
- *No blender? Make a chunky salsa by cutting all ingredients to desired size before mixing.

Visit FoodHero.org for more tasty salsa recipes and a baked tortilla chips recipe.



Makes 2 cups
Prep time: 5 minutes



Nutrition Facts	
16 servings per container	
Serving size	2 Tablespoons (39g)
Amount per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 59mg	2%
Vitamin A 1mcg	0%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe Math Challenge



On Friday the food truck will make lunch for a garden party of 40 people! For writing our grocery list, let's plan to serve each person 1 cup of salsa. About how much of each of these ingredients do we need to buy?

- Cans of tomatoes _____
- Whole onions _____
- Whole limes _____
- Cans of diced green chilies _____