Quick Tomato Salsa

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.

Nutrition Facts

| Amount per Serving | Calories 10
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 70mg | 3% |
| Total Carbohydrate | 2g | 1% |
| Dietary Fiber | 1g | 4% |
| Total Sugars | 1g | |
| Includes Sugars Added | 0g | 0% |
| Protein | 0g | |

Makes 2 cups
Prep time: 5 minutes

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 ____________

Green Metallic Sweat Bee and Cilantro

Green Metallic Sweat Bee Photo: US Department of Agriculture