




Green Metallic Sweat Bee and Cilantro

Quick Tomato Salsa

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



If you could substitute one ingredient in this recipe, what would it be? Why?



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**, (1/3 of a bunch) 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.



Watch a family in Oregon grow and cook with herbs.



<https://beav.es/Tji>

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 serving each person 1 cup of salsa. About how much of each of these ingredients do we need to buy?

- ☀ Ounces of canned tomatoes _____
- ☀ Whole green onions _____
- ☀ Teaspoons of garlic _____
- ☀ Whole limes _____
- ☀ Ounces of canned chiles _____

Bonus: About how many bunches of cilantro do we need to buy?
Hint: Each recipe makes 2 cups.