Tomato Salsa

**Yield:** 50 ¼ cup servings of red/orange vegetable

**Ingredients:**
- 6 ¾ lbs fresh tomatoes
- 6 cloves garlic
- 1 medium onion
- ¼ cup plus 2 Tbsp. cilantro
- ¼ cup lime juice
- ¼ cup olive oil
- 2 tsp. salt

**Directions:**
1. Mince the fresh tomatoes, garlic, onion and cilantro. Some children suggested puréeing a portion of the tomatoes to give the salsa a smoother texture, while others enjoyed it chunky style—we’ll leave it to you to decide.
2. Mix all ingredients in a bowl.
3. Let all ingredients stand for at least 20 minutes or up to one day, in the fridge, before serving.

Source: Adapted by GMFTS from Food Connects’ “Amy’s Fresh Salsa”.

Cherry Tomato, Corn & Bean Salad

**Yield:** 50 ¼ cup servings; 50 1/8 cup servings of red/orange vegetable

**Ingredients:**
- 6 ¼ cups fresh cherry tomatoes
- 2 ears cooked corn or 1 8 oz. can corn
- 1 ¼ cups pepper
- ½ cup onion
- 2 ½ cups black beans (3 8 oz. cans)
- 3 Tbsp. olive oil
- salt and pepper, to taste
- ½ cup cilantro (optional)
- 1 lime (optional)

**Directions:**
1. Drain and rinse black beans and corn.
2. Dice cherry tomatoes and peppers. Finely chop onion and cilantro (optional).
3. Add olive oil, then salt and pepper; to taste.
4. Mix all ingredients in a bowl.
5. Let all ingredients stand for at least 20 minutes or up to one day, in the fridge, before serving.

**Tidbit**

Tomatoes are both a sweet and tart fruit that add a punch of flavor and color to any dish. They are most commonly seen in shades of red, but orange, yellow, green, pink and purple varieties exist too! Tomatoes are a great addition to salads and sandwiches; they are also the base for many soups and sauces.

**Cooking Tip**

The easiest way to remove the skins from tomatoes is to blanch them in boiling water for 15-30 seconds, immediately place them in ice water; then use a paring knife to remove the skin.
Mini Activities

- Taste test tomato varieties.
- Is it a fruit or a vegetable?

Selection Tip

Firm and free of bruises. If you plan to cook the tomatoes down into a soup or sauce, try requesting seconds! They might be bruised, but they will cook down nicely and are less expensive.

Storage Tips

- Ideally, store them at room temperature, out of direct sunlight.
- If overripe, they can be put in the refrigerator for 1-2 days; to acquire maximum flavor, be sure to let them reach room temperature again before eating.
- To freeze: Rinse, hull and place in a labeled and dated freezer-grade bag. Make sure to leave room for expansion that occurs during freezing and remove all excess air. Frozen tomatoes will keep for 8-12 months.

Benefits

Tomatoes are an excellent source of vitamin C, the mineral potassium and lycopene, a member of the carotenoid pigment family; they are a good source of vitamin B3 (niacin), B5 (pantothenic acid), B6 (pyridoxal phosphate) and B9 (folic acid).

Kid-Friendly Eating Tips

- Dice up a few tomatoes, and add ingredients such as, garlic, onions, peppers, cilantro, basil or oregano and you have a perfect salsa dip for tortilla chips.
- Add fresh tomato slices to any sandwich.
- Tomatoes are a perfect addition to a green salad. They can become their own salad if you simply slice them and add balsamic vinegar, olive oil, salt and pepper.
- Cook down tomatoes for a fresh pasta sauce.

Local Tomato Varieties:

- Tang
- Green Zebra
- Copia Beefsteak
- Red Cherry
- Black Cherry
- Yellow Pear
- Amish Paste
- San Marzano Paste