Tomato Salsa

Yield: 4-6 servings

Ingredients:
- 1 ½ lbs fresh tomatoes (approximately 3 medium tomatoes)
- 2 cloves garlic
- ½ small onion
- 1 ½ Tbsp. cilantro
- 1 Tbsp. lime juice
- 1 Tbsp. olive oil
- ½ 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: 4-6 servings

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

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.

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