



Salsa *(from canned tomatoes)*

SERVINGS

8

TIME

10 minutes

INGREDIENTS

- 1 28 ounce can whole peeled tomatoes
- ¼-½ cup cilantro, or a large handful
- ½ of an onion (white or red)
- 1 clove garlic
- ¼ teaspoon salt
- juice of ½ lime

EQUIPMENT

- Food processor or blender
- Can opener
- Spatula
- Cutting board and knife

DIRECTIONS

- Cut onion in half, slicing through the root. Peel half of the onion. Slice peeled half in 2-3 chunks and put in food processor (or blender).
- Peel garlic clove and cut in half and put in food processor.
- Remove large stems from cilantro, and put in food processor. You don't need to remove all of the little stems.
- Cut a lime in half and squeeze juice out of one side into food processor.
- Add tomatoes with juice to the food processor along with salt.
- Process until you reach desired consistency.
- Use a spatula to scrape salsa into a bowl.
- Refrigerate any leftovers.

TIPS TO INVOLVE THE KIDS

- Wash Hands!
- Designate an area to get a bit messy!
- If appropriate, let kids cut and peel the onion and garlic.
- Let the kids remove large stems from the cilantro. Encourage them to taste it!

EXTRA!

- Make some quesadillas and dip them in salsa. Top your tacos! Dip your chips!

