

# Salsa



## INGREDIENTS

- 1 ½ lbs fresh tomatoes (approx. 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: Vermont Harvest of the Month

# Tabouleh



## INGREDIENTS

- ½ cup bulgur, uncooked
- 1 cup water
- ¾ cup cucumber, fresh, peeled, ¼" diced
- ¾ cup tomatoes, fresh, ¼" diced
- 2 TB Italian parsley, fresh, chopped
- 2 TB mint leaves, fresh, chopped
- 2 TB scallion fresh, chopped
- 1 clove garlic, fresh, minced
- 1 TB olive oil, extra virgin
- 2 TB lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper, ground

## DIRECTIONS

1. In a small stockpot, bring water to a boil.
2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients; mix well.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to come together.

Source: Institute of Child Nutrition

# Corn, Zucchini, & Tomato Pie



## INGREDIENTS

- 1 cup zucchini, fresh, unpeeled, 1/8" sliced
- 1 cup tomatoes, fresh, 1/8" sliced
- ¾ cup corn, frozen, whole kernel, thawed
- 1 teaspoon lemon juice, fresh squeezed, seeds removed; or lemon juice bottled
- 1 teaspoon dill weed, fresh, chopped
- 1/8 teaspoon salt, table
- ¼ teaspoon black pepper, ground
- 3 tablespoons Parmesan cheese, grated
- ¼ cup whole-wheat bread crumbs

## DIRECTIONS

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
3. Place zucchini slices in the bottom of the baking dish, cover with tomato slices, and top with corn.
4. Sprinkle lemon juice evenly over vegetables.
5. Make seasoning mixture: In a small bowl, mix together dill, salt, black pepper, Parmesan, and bread crumbs.
6. Sprinkle seasoning mixture evenly over vegetables, and lightly spray with nonstick cooking spray.
7. Cover with foil, and bake for 25 minutes or until zucchini is tender. Heat to 140 °F or higher for at least 15 seconds.
8. Cut into 6 even pieces. Serve 1 piece.

Source: Institute of Child Nutrition

# Tomato Basil Quesadilla



## INGREDIENTS

- 4 tortillas corn or whole wheat tortillas
- 1 large tomato, thinly sliced
- 1 cup mozzarella cheese, grated
- 4 basil leaves, thinly sliced

## DIRECTIONS

1. Place one tortilla in a medium- large dry pan (larger than the size of the tortilla) over medium heat.
2. Sprinkle 1/4 cup of cheese over tortilla and place half (about 4 or 5) tomato slices over cheese.
3. Sprinkle another 1/4 cup of cheese over tomato slices followed by half of the julienned basil leaves.
4. Top with another tortilla and heat through, about 3 minutes on each side or until cheese is melted and tortilla is slightly toasted.
5. Repeat for the second quesadilla.
6. Cut into wedges and serve.

Source: Weelicious.com