



# Kid-Friendly Recipes

## Taste Test

### Ingredients

- 4 Roma tomatoes
- 4 tomatoes on the vine
- 4 yellow tomatoes
- 1 package cherry (or grape) tomatoes

### Directions

1. Gently wash tomatoes with warm water.
2. Slice each tomato into approximately 5 slices. (Except Cherry Tomatoes)
3. Taste!

Makes approximately 20 taste tests

(1 slice of each tomato & 1 cherry (or grape) tomato)

Developed by: Network for Healthy California - Merced County Office of Education

## Tomato Corn Relish

### Ingredients

- 4 medium tomatoes on the vine (seeded & diced)
- 1½ cup reduced sodium canned corn
- ½ cup green bell pepper (diced)
- ½ cup celery (diced)
- 1/3 cup red onion (diced)
- 2 ½ Tbsp. white vinegar
- 1 garlic clove (finely chopped or minced)
- ½ tsp. sugar
- 1 Tbsp. dijon style mustard
- ¼ tsp. red pepper flakes\*
- ⅛ tsp. salt
- 1 Tbsp. fresh lemon juice (approx. ½ lemon)

### Directions

1. Combine all ingredients in a medium bowl.
2. Taste immediately or cover and refrigerate.

Makes 20 taste tests (¼ cup each)

Recipe Source: 2006 California Tomato Commission

\*Optional

## Pizza Melt Sandwich

### Ingredients

- 10 mini whole wheat bagels (sliced in half)
- 4 large Roma tomatoes (thinly sliced)
- 20 Tbsp. pizza sauce
- 20 Tbsp. mozzarella cheese (grated)
- Italian seasoning

### Directions

1. Pre heat toaster oven to 400°.
2. Place mini bagel halves on a baking sheet.
3. Spread 1 Tbsp. of pizza sauce on top of each bagel half.
4. Lightly sprinkle Italian seasoning over the pizza sauce.
5. Place one tomato slice on each bagel half.
6. Sprinkle approximately 1 Tbsp. of cheese on top of the tomato slice.
7. Bake for 5-8 minutes (until cheese is melted).
8. Taste!

Makes 20 taste tests

Recipe Source: 2006 California Tomato Commission

## Pico de Gallo

### Ingredients

- 6 medium Roma tomatoes (chopped)
- 1 cup red onion (chopped)
- 2/3 cup fresh cilantro (chopped)
- 1 fresh jalapeno pepper (seeded & finely chopped)\*
- 4 Tbsp. lime juice (approx. 4 limes)
- 4 cloves garlic (minced)
- ½ tsp. salt

### Directions

1. Combine all ingredients in a medium bowl.
2. Taste immediately or cover and refrigerate. (Can be stored for up to 3 days.)

Makes 24 taste tests (¼ cup each)

Recipe Source: Healthy Latino Recipes Cookbook

\*Optional



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