farm to TABLE

Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Easy Salsa

Recipe from Tilth Alliance Makes approximately 3 cups

Ingredients

3 medium-size tomatoes 1/4 cup red onion 1 jalapeno pepper (optional) 1 clove garlic 1/4 cup cilantro Juice from 1 lime 1/2 teaspoon salt



Instructions

Photo credit: Food Network website

Finely dice the tomatoes, onion, jalapeno (if using), garlic, and cilantro.

Combine ingredients in a bowl and add lime juice and salt. Stir gently to combine.

Serve immediately. Leftovers can be stored in the refrigerator for 3-5 days in an airtight container.







