G. Grape Tomato and Cilantro Salad

**Ingredients**
- 2 cups of grape tomatoes
- 1 tablespoon of olive oil
- Optional: 1/2 green onion, chopped
- Fresh chopped cilantro to taste
- Salt and pepper to taste

**Directions**
1. Wash your hands and clean your cooking area.
2. Wash the grape tomatoes and cut them in half.
3. Transfer the tomatoes to a medium-size serving bowl.
4. Drizzle the olive oil over the tomatoes; stir to coat them.
5. Add the green onion (if desired) and cilantro; stir.
6. Season the salad with salt and pepper before serving it.

**Nutritional Information**
- **Serving Size**: 1/2 cup
- **Servings Per Container**: 4
- **Calories**: 70
- **Total Fat**: 2.5g (4%)
- **Cholesterol**: 0mg
- **Sodium**: 5mg
- **Total Carbohydrate**: 9g (3%)
- **Dietary Fiber**: 3g (12%)
- **Protein**: 3g

**Kitchen Math and Science**
1. Why is the first step in this recipe important? __________
   __________
   __________

2. If you measure the tomatoes before they are cut, there should be about 2 cups. After they are cut, measure them again. How does the new measurement compare to the 2 cups of whole grape tomatoes (circle one)?
   - More
   - Less
   - Same

3. How many calories are in 1 serving of this recipe? __________

4. Before adding the chopped cilantro, measure it. How much cilantro will you be adding to this recipe? __________

**How the Children can help:** Wash the produce, cut the tomatoes with a plastic knife, measure the ingredients, drizzle the olive oil over the tomatoes, combine the ingredients, and stir the salad.