

G. Grape Tomato and Cilantro Salad



Prep time: 5 minutes

Serves: 4

Serving Size: 1/2 cup

Utensils needed

Knife (or plastic knives for the children to use)

Cutting board

Measuring cup

Medium serving bowl

Measuring spoon

Mixing spoon

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.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 25% • Vitamin C 120%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

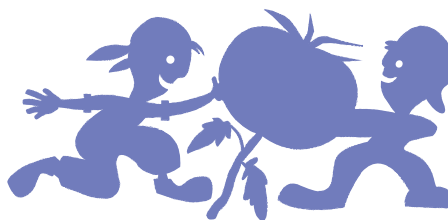
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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? _____



www.jmgkids.us/LGEG

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