



More **Healthy.**  
More **Happy.**



## Farm to Table Kids Harvest Salsa

### Ingredients

- 3-4 tomatoes (organic if possible)
- 1 pint green/colored sweet peppers
- Jalapenos (to taste, based on level of heat preference)
- 2 garlic cloves, finely chopped
- 1 lime
- Salt, to taste

### To Make Salsa

1. **Chop/process** your veggies: use a food processor or knife to dice veggies
2. **Juice** lime
3. **Add salt & lime:** add about ½ teaspoon salt and ½ lime to salsa. Add more to taste.
4. **Enjoy with your favorite tortilla chips or for taco night!**



MaineHealth

**LET'S GO!**

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