

## Salsa Time

Fresh tomatoes, peppers and onions from the garden mean it's 'salsa time'.

Salsa has become very popular – more popular than ketchup. And that's a good thing. Salsa can be made with plenty of fresh vegetables, and is low in calories. There are about 25 to 40 calories in a ½ cup of salsa made without oil. It's a tasty way to eat your veggies!

Make your own fresh salsa at home.

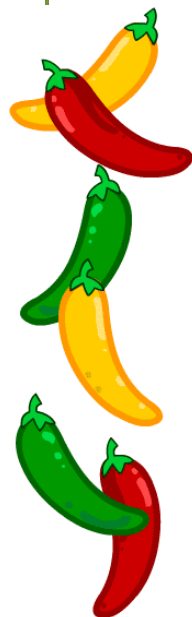
### Enjoy Fresh Salsa...

- Top tacos, burritos, enchiladas and quesadillas with salsa.
- Dip low fat corn chips in salsa.
- Serve salsa for dipping carrots, cucumbers, zucchini, celery and broccoli.
- Top your lettuce salad with salsa instead of salad dressing.
- Serve salsa with your favorite fish, shrimp or seafood dish.
- Eat salsa with scrambled eggs.



## Tomato Salsa

- 1 pound (5 medium) roma or plum tomatoes
- 1 small onion
- 1 red, green or yellow bell pepper
- 1 small jalapeno pepper (remove seeds from peppers)
- 1 tablespoon lime juice
- ¼ cup chopped fresh cilantro
- Salt and pepper to taste



- 1 Chop tomatoes, onion and peppers into small pieces.
- 2 Add lime juice, cilantro, salt and pepper to vegetables.
- 3 Stir together and enjoy.

Fresh salsa will keep in the refrigerator for up to 1 week.

### Variations...

- Add a splash of red wine vinegar.
- Add a crushed garlic clove.
- Use dried cilantro if fresh cilantro is not available.
- Add a touch of hot sauce or some red pepper flakes to make your salsa hot.
- Use canned diced tomatoes when fresh tomatoes are not available.



## Red Summer

The color of summer is not only green,  
**it is red.**

Summer brings bright red delicious tomatoes.  
Their red color means more than flavor.  
It also means nutrition!

Tomatoes have lots of vitamin A,  
vitamin C and lycopene.

Lycopene is a powerful antioxidant that helps  
slow down or prevent damage to your  
body's cells. This may help decrease the risk  
of infection and cancer.

Cooking helps release lycopene from  
fresh tomatoes. Spaghetti sauce can have  
6 times more lycopene than the same  
amount of fresh tomatoes.

Fresh tomatoes have more vitamin C  
than processed tomato products.

**Enjoy both fresh tomatoes and  
tomato products for a healthy diet!**

## More Tomatoes...

- Enjoy tomato dishes such as lasagna and spaghetti.
- Add canned diced tomatoes to cooked macaroni. Try tomatoes with green chilies, or tomatoes with green pepper, celery and onions.
- Add a slice of tomato to your sandwich.
- Serve chopped tomatoes with cottage cheese.



## Cook at Home

**Plan meals and cook together  
with your family.**

Collect simple meal ideas and recipes and  
learn how to prepare more meals at home.

Have a plan for busy days – make a list  
of quick and easy meals.

Limit take out foods, fast foods  
and eating at restaurants.



## What can you do?

- Make salsa with fresh summer vegetables.
- Eat more fresh tomatoes during the summer.
- Make a list of quick and easy meals for my busy days.
- Other: \_\_\_\_\_