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!

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
- Top your baked potato with low-fat sour cream and salsa
- Use salsa as a pizza base
- Add salsa to your favorite tomato base soup

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!
ITALIAN PASTA SALAD

2 cups spiral pasta, dry or other pasta
1-1/2 cups broccoli florets
3/4 cup frozen peas, thawed
2 large tomatoes, chopped or 15-20 cherry tomatoes
1/2 cup Italian salad dressing
1 tsp basil
8 oz mozzarella cheese, cubed
2 Tbsp grated Parmesan cheese

Cook pasta as directed on package, adding broccoli for the last 5 minutes of cooking time. Drain and rinse with cold water until completely cool. Combine all ingredients in a large bowl. Stir gently. Chill 1 hour before serving.

Serves 8. Per serving: cal 269, fat 12.5g, sod 293mg, carbs 26.3g

Source: “Healthy Families: Food, fun and facts” from MN Department of Health

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 Tbsp lime juice
¼ cup chopped fresh cilantro
Salt and pepper to taste

Chop tomatoes, onion and peppers into small pieces. Add lime juice, cilantro, salt and pepper to vegetables. Stir together and enjoy. Fresh salsa will keep in the refrigerator for up to one week.

SALSA 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 no salt diced tomatoes when fresh tomatoes are not available

TOMATO & CUCUMBER SANDWICH

Bread
Low-fat cream cheese or salad dressing
Cucumber, slice
Tomato, slice
Salt and pepper to taste
Option: toast bread

Thinline spread cream cheese or salad dressing onto one bread slice. Arrange the cucumber slices on top of the cream cheese or salad dressing. Sprinkle cucumbers with pepper. Arrange tomato slices over the cucumbers. Lightly salt the tomato slices. Cover with another slice of bread. Enjoy!

For more health and nutrition information visit our website:
http://www.extension.umn.edu/family/health-and-nutrition/