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

**TOMATO SALSA**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound (5 medium) roma or plum tomatoes</td>
</tr>
<tr>
<td>1 small onion</td>
</tr>
<tr>
<td>1 red, green or yellow bell pepper</td>
</tr>
<tr>
<td>1 small jalapeno pepper (remove seeds from peppers)</td>
</tr>
<tr>
<td>1 Tbsp lime juice</td>
</tr>
<tr>
<td>¼ cup chopped fresh cilantro</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

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

©Nutrition Matters, Inc. reprinted with permission
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!

---

**TOMATO & CUCUMBER SANDWICH**

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

Thinly 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!

**BAKED PARMESAN TOMATOES**

1 tomato, halved horizontally  
1 Tbsp freshly grated Parmesan cheese  
1/4 tsp chopped fresh oregano  
Salt to taste  
Black pepper to taste  
1 tsp extra-virgin olive oil

Preheat oven to 450°F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

Per serving: cal 87, carbs 5g, fat 6g, sodium 373mg

Source: Eatingwell.com

---

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