



Summertime Snacking with Salsa!

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Nothing says summer more than fresh salsa! Eating fruits and veggies in a variety of colors – red, orange, yellow, green, blue, purple, white and brown make for a pretty plate and an even better palate of nutrients for good health! Cooking with your children can also help show them early on about healthy eating and they can also stay sharp using math, measuring, and reading skills by following recipes!

Fresh Salsa (Pico de Gallo)

- 6 tomatoes, preferably Roma (or 3 large tomatoes), diced
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or Jalapeno peppers, finely chopped (optional)
- 3 Tbsp fresh cilantro, chopped
- Juice of 1 lime
- ⅛ tsp dried oregano, finely crushed
- ⅛ tsp salt
- ⅛ tsp ground black pepper
- ½ avocado, diced



1. Combine all of the ingredients in a glass or stainless steel bowl.
2. Serve immediately, or refrigerate and serve within 4 or 5 hours. Makes 8 servings (1/2 cup each). Each serving contains 42 calories, 2 g fat, 44 mg sodium, 7 g carbohydrate and 2 g fiber. Source of recipe: Delicious Heart Healthy Latino Recipes from NHLBI.

Tips and Ideas:

- Add watermelon, peaches or pineapple for a fruity summer salsa.
- Garlic and onion are optional, especially if you add fruit! All ingredients can be adjusted to your family's tastes.
- Serve alongside cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

Sources:

1. *Delicious Heart Healthy Latino Recipes: National Heart, Lung and Blood Institute:* <https://bit.ly/2L0j9xY>
2. *Kitchen Activities for Kids, USDA:* <https://bit.ly/2L4TVyR>
3. *Summer Food, Summer Moves, USDA:* <https://bit.ly/2nk2GJK>

Lending a Helping Hand

Kids love to help in the kitchen! Keep these tips in mind while you prepare your Fresh Salsa!

At 2 years:

- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits

At 3 years:

All that a 2-year-old can do, plus:

- Add ingredients
- Talk about cooking
- Name and count foods

At 4 years:

All that a 3-year-old can do, plus:

- Set the table
- Help measure dry ingredients
- Help assemble the salsa

At 5 years:

All that a 4-year-old can do, plus:

- Measure liquids
- Cut soft fruits and veggies with a plastic knife

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For more information check out Food Fun for Young Children:

<http://go.unl.edu/chi>