

EAT FRUITS AND
VEGETABLES AT
MEALS & SNACKS



BE THE CHEF!

PREP TIME: 15 MINUTES

Summer Vegetable Salsa

All the kids will come when you put this fresh salsa on the table. Easy to make and packed with seasonal summer veggies.



SERVINGS: 6

SERVING SIZE: ½ cup

INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Summer Vegetable Salsa** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and tomatoes into small pieces and put into a medium bowl.
3. Because the jalapeño* can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add the seeded and minced jalapeño and garlic to the tomato mixture. *Wear latex gloves when handling the jalapeño.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.



OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve with cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

Food Demonstration Samples: Offer ⅛-cup portions in a small cup. Makes 24 servings.

NUTRITION INFORMATION

Amount per serving: ½ cup; **Calories:** 25; **Total Fat:** 0 g; **Saturated Fat:** 0 g; **Sodium:** 198 mg; **Potassium:** 212 mg; **Total Carbohydrate:** 6 g; **Dietary Fiber:** 1 g; **Sugars:** 3 g; **Protein:** 1 g; **Vitamin A:** 444 IU; **Vitamin C:** 18 mg; **Vitamin D:** 0 IU; **Calcium:** 19 mg; **Iron:** 0 mg.

Get children involved in making the recipe!

SHOW them how to:

- Cut the zucchini, yellow squash, or cucumber into small pieces, using a plastic knife (for ages 6–7 and up with adult supervision).
- Measure the lime juice and salt, and stir them into the salsa.



Share these fun facts:

- * Jalapeños don't have to be so spicy! Removing the seeds helps to cut down on the spice level.
- * Cilantro is an herb that is traditionally used in Latin, Indian, and Thai cooking.
- * Lime juice and other citrus flavors like lemon and orange are a great way to add flavor without adding more salt.

