

# Radish & Tomato Salsa

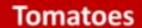


	INGREDIENTS	INSTRUCTIONS
	1 cup tomatoes, chopped	<ol> <li>Wash hands with warm water and soap. Wash fresh vegetables before preparing.</li> </ol>
	2 Tbsp radish, chopped	2. Chop tomatoes, radishes, apples, onions, and cilantro
1/2 cup apple, peeled and chopped		3. In a medium-sized bowl, combine tomato, radish, apple, onion,
1/4 cup onion, chopped		4. Add garlic, oil, cilantro, and seasonings to bowl and mix. Enjoy!
2 Tsp fresh <b>cilantro</b> , chopped		· †
2 Tbsp fresh or bottled lime juice		Nutrition Information (Serving Size): 1/4 cup
1 Tsp garlic, minced		Total calories (per serving): 25 Total fat: 0.6g Sat Fat: 0g
1/2 Tsp olive oil		Carbohydrates: 4g Protein: 1g Fiber: 1g Sodium: 77mg
1/4 tsp ground pepper & 1/4 tsp salt		†
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Photo and recipe ffrom American Heart Association https://recipes.heart.org/Recipes/1223/Mango-Avocado-and-Black-Bean-Salad









With a high water content that helps to keep us hydrated, tomatoes are one seasonal vegetable that deserves the spotlight this summer. Check out health benefits & highlights below.

Choose tomatoes this season to boost the nutrient value of any dish and to help you stay hydrated!

### Selection

 Choose with bright shiny skin and a firm flesh.

#### Did you know?

Tomatoes are made up of over 90% water and are packed with Vitamins A and C!

# Storage

Store at room temperature away from direct sunlight for use within 1 week after ripe. Tomatoes taste best if not refrigerated; refrigerate only if not used before they spoil.

## Preparation

Always wash tomatoes before using them. Turn them into pizza or spaghetti sauce, or dice them up and add them to any dish.

PSST.

Tomatoes are also a good source of potassium, great for heart health!

Source: University of the District of Columbia, Center for Nutrition, Diet and Health
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