

Radish & Tomato Salsa



INGREDIENTS

1 cup **tomatoes**, chopped

2 Tbsp **radish**, chopped

1/2 cup **apple**, peeled and chopped

1/4 cup **onion**, chopped

2 Tsp fresh **cilantro**, chopped

2 Tbsp fresh or bottled **lime juice**

1 Tsp **garlic**, minced

1/2 Tsp **olive oil**

1/4 tsp **ground pepper** & 1/4 tsp **salt**

INSTRUCTIONS

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.

2. Chop tomatoes, radishes, apples, onions, and cilantro

3. In a medium-sized bowl, combine tomato, radish, apple, onion,

4. Add garlic, oil, cilantro, and seasonings to bowl and mix. Enjoy!

Nutrition Information (Serving Size): 1/4 cup

Total calories (per serving): 25 **Total fat:** 0.6g **Sat Fat:** 0g

Carbohydrates: 4g **Protein:** 1g **Fiber:** 1g **Sodium:** 77mg

Tomatoes



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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