



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

July 2013

Summer Tomatoes

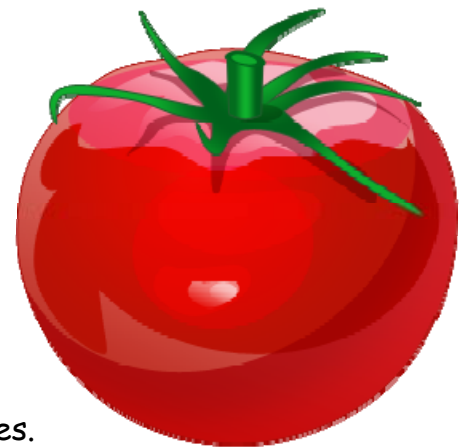
Nothing tastes quite as good as tomatoes fresh from the garden.
You can even smell the flavor!
Enjoy fresh tomatoes during the summer.

Tomatoes have lots of vitamins A and C.
Serve tomatoes in a variety of dishes.

Don't be afraid to try new recipes with vegetables.
Ask your child to taste new foods.
Your child's food likes and dislikes can change. He may love it!

Seven Ways to Enjoy Tomatoes

- ☺ Serve a couple slices of tomato with your meal.
Just rinse, slice, and serve.
- ☺ Add tomato slices to your favorite sandwich or salad.
- ☺ Add chopped tomatoes to a pizza and bake.
- ☺ Snack on cherry tomatoes and grape tomatoes.
They are a fun finger food.
- ☺ Top cottage cheese with chopped tomatoes.
- ☺ Sprinkle shredded mozzarella cheese on chopped tomatoes.
Sprinkle with a little chopped fresh basil, if desired.
- ☺ Serve fresh salsa with tacos, quesadillas, or enchiladas.



Angel Hair Pasta with Tomatoes

Children love this simple pasta.

- 2 cups cooked Angel Hair pasta
- 2 tablespoons olive oil or vegetable oil
- 1 cup zucchini, sliced
- 2 large tomatoes, chopped
- 1 teaspoon garlic powder
- 2 tablespoons fresh basil or 1 tablespoon of dry Italian herbs
- 1/4 cup shredded Parmesan cheese

1. Heat the oil in a skillet. Add zucchini slices and cook for 3 minutes.
2. Add chopped tomatoes, garlic powder, and basil or Italian herbs. Cook for 2 minutes.
3. Add cooked pasta to sauce. Toss together and cook for 2 minutes.
4. Sprinkle with cheese and serve.

Serve with grilled chicken legs or meatballs.

Fresh Tomato Salsa

- 3 chopped fresh tomatoes
- 1/4 cup chopped red onion
- 2 tablespoons chopped fresh cilantro
- Juice from 1/2 lime

1. Stir tomatoes, red onion, cilantro, and lime juice together in a bowl.
2. Serve with corn tortilla chips or on a quesadilla.



Stuffed Tomato

Cut off the top of a small tomato.
Remove the seeds and inside of the tomato and stuff with a Pasta Salad.

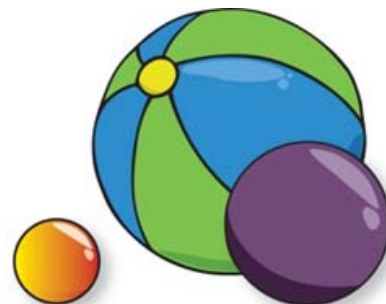
Pasta Salad

Toss 2 cups cooked pasta with 1/4 cup low fat Italian salad dressing and 2 tablespoons shredded parmesan cheese.

Summer Fun

Play outside! Children will be more active when outside.

- ✓ Go to the beach. Children love to play on the beach. Bring along sand toys - cups, pails, shovels, large spoons. Be sure to use the sun screen.
- ✓ Have a treasure hunt on the beach. Collect pretty rocks and shells. Who can find the most treasures?
- ✓ Play at the local park or school playground. These are great places to find other children to play with.
- ✓ Find a bike trail. If your child is too young to ride a bike, go for a walk. Bring along a wagon or stroller in case your child gets tired.
- ✓ Turn on the sprinkler in your yard on a hot day. Children love to run in the water and get wet.
- ✓ Wash the car together. Make buckets of soapy water to rub on the car. Let your child rinse the car with the water hose.
- ✓ Play 'kick ball' in the yard. Make a target in the yard and practice kicking the ball into it.



Blow Bubbles!

Blow bubbles in the yard.

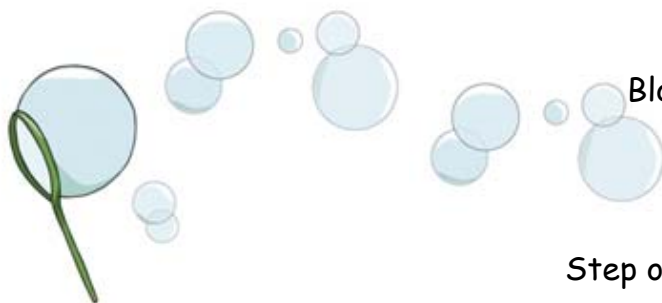
Blow bubbles high in the air, low in the air.

Chase the bubbles.

Try to catch them with your hands.

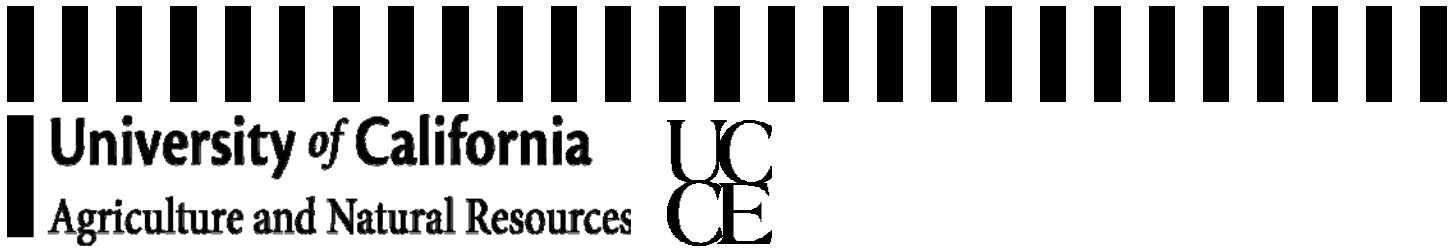
Pop them.

Step on the bubbles when they land on the ground.



What Can You Do?

- Prepare some meals with fresh tomatoes this summer - Angel Hair pasta with Tomatoes, Salsa, Stuffed Tomatoes, salad, or other dishes.
- Play outside with my children.
- Grill chicken legs instead of hot dogs.
- Drink water when thirsty between meals and snacks.
- Other: _____



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