

Summertime Snacking with Salsa!

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 nutrition 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), washed and diced
 - ½ medium onion, washed and finely chopped
 - 1 clove garlic, finely minced
 - 2 serrano or Jalapeno peppers, finely chopped (optional)
 - 3 Tbsp fresh cilantro, washed and chopped
 - Juice of 1 lime
 - ⅛ tsp dried oregano, finely crushed
 - ⅛ tsp salt
 - ⅛ tsp ground black pepper
 - ½ avocado, diced
1. Wash hands with soap and water. Combine all of the ingredients in a medium-sized bowl.
 2. Serve immediately or refrigerate and serve within 4 or 5 hours. Makes 8 servings (1/2 cup each) with 30 calories, 1.5g fat, 40mg sodium, 4g carbohydrate, 1g fiber, 1g protein. Source: NHLBI.



Tips and Ideas:

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

Article was written by Amy Peterson and has been peer-reviewed. It was updated in 2025.

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 adults to put away
- Place things in trash
- 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

Sources:

1. Delicious Heart Healthy Latino Recipes, NHLBI: <https://bit.ly/2ZJVOej>
2. Kitchen Activities for Kids, USDA: <https://go.unl.edu/kitchen-activities-usda>
3. Summer Food, Summer Moves, USDA: <https://bit.ly/2nk2GJk>