

TOMATO SALSA



Salsa is the Spanish term for sauce, and in English-speaking countries usually refers to the spicy sauces typical of Mexico.

You can use the small, fat green chilli peppers for this which tend to be less fiery than the long, thin ones.



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; snip herbs with scissors (in a jug); use a citrus squeezer; season to taste; tidy away.

Equipment: Knife, chopping board, lemon squeezer, bowl.

Ingredients (serves 6 children):

- 4 large tomatoes, skinned and de-seeded
- 1 fresh green chilli
- 1/2 medium red onion, finely chopped
- 2 heaped tbsp coriander, chopped
- Juice of 1 lime

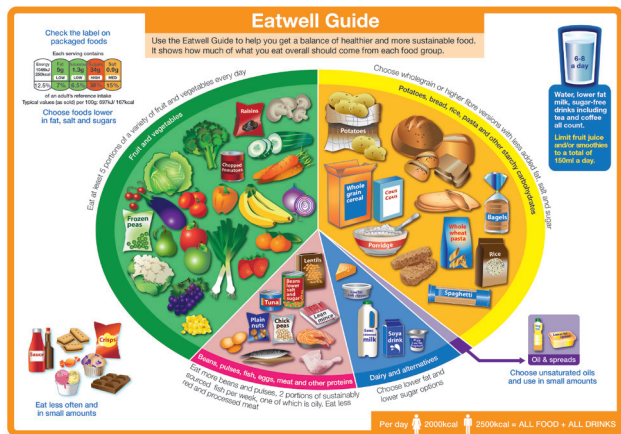
Method

1. Finely dice the tomatoes into a serving bowl.
2. Next chop the chilli very finely before adding to the tomatoes.
3. Add the onion, coriander and lime juice, and season with pepper to taste.
4. Give everything a thorough mix, cover and leave to one side for around one hour before serving.



TOMATO SALSA

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 80g serving

ENERGY	76KJ / 18kcal	1%
FAT	0.2g	<1%
SATURATES	0.1g	<1%
SUGARS	2.4g	3%
SALT	Trace	<1%

% of an adult's reference intake
 Typical values per 100g : Energy 95KJ / 23kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about tomato salsa ...

Tomatoes are really good for us containing a wide range of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect our bodies from disease.



Onions are a member of the allium family of vegetables. Although allium don't contain large amounts of nutrients, they do contain a range of compounds called phytochemicals. These have recently been found to be very good at helping us to fight disease.

