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Enjoy the fresh ingredients in this homemade salsa. It's lower in sodium than many commercial salsas, especially if made with a no-salt-added tomato sauce. Let the salsa refrigerate for an hour or so before serving to allow flavors to blend. This recipe is provided courtesy of Centers for Disease Control and Prevention 5 A Day Fruits and Vegetables of the Month.

Homemade Salsa

Makes 8 servings

- 1 cup finely chopped, peeled tomato
- 1/2 cup tomato sauce
- 1/4 cup yellow or red onion
- 1/4 cup finely chopped green pepper
- 2 tablespoons vinegar
- 2 cloves garlic, minced
- 1 to 3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
- 1/2 cup fresh cilantro, chopped (optional)

Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

COOK'S TIPS:

- Consider using lemon or lime juice in place of vinegar.
- To reduce the sodium content further, use a no-salt-added tomato sauce. These frequently are available in the canned tomato section of your grocery store or in a health food store. Serve with unsalted tortilla chips.

Freezing Peppers and Tomatoes

If you'd like to preserve peppers and tomatoes without canning them, here are some guidelines on freezing them from the National Center for Home Food Preservation, hosted by the University of Georgia Cooperative Extension Service www.uga.edu/nchfp.

Bell and Hot Peppers

Peppers are one of those foods you can quickly freeze raw without blanching them first.

Bell or Sweet Peppers

Preparation — Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings.

Heated — Good for use in cooking. Water blanch (see sidebar at end of article) halves 3 minutes, strips or rings 2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Unheated — Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

Hot Peppers

Preparation — Wash and stem peppers. Package, leaving

no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

Tomatoes

It is possible to quickly freeze raw tomatoes without blanching them first. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Preparation — Select firm, ripe tomatoes with deep red color.

Raw — Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0°F or below. It is generally

recommended frozen vegetables be eaten within about 8 months for best quality.

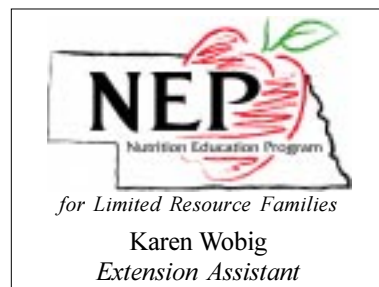
For more information on freezing and canning fresh produce this summer, check our Web site at lanaster.unl.edu/food/foodpres.htm.(AH)

Directions for blanching

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

Teaching Proper Hand Washing to School Children



as well. Most students and teachers have areas of lotion remaining, which leads into talking about how hard it is to get hands clean.

The students really enjoy this activity and teachers indicate what a positive change it has in the thoroughness of their hand washing. Following is a sample of some written teacher evaluations:

- "Washing hands much more often."
- "My hand washing awareness has increased and I am trying to be more thorough."
- "Longer time hand washing before lunch, especially."
- "Washing better at rest room breaks."
- "They have a fit if they do not get to wash their hands before



An Elliot School student practices proper hand washing.

lunch. . . 100 percent better washing."

When children are out of school, they often prepare their own snacks/meals. Encourage them to not only prepare nutri-

tious foods, but to always remember to wash their hands before touching or eating any food. Below is a recipe appropriate for school-age children to make, but since it requires a lot of handling of foods, be sure to remind your children to follow the five steps of proper hand washing:

1. Wet hands with warm, running water.
2. Add soap.
3. Scrub (away from running water) hands together, front and back, between fingers and under nails for about 20 seconds.
4. Rinse.
5. Dry, turning off faucet with paper towel.

Pinwheels

Slices of bread
Sandwich fillings, such as tuna, egg, or chicken salad, cheese, peanut butter
Fresh vegetables or fruits

1. Wash hands.
2. Flatten each slice of bread with a rolling pin.
3. Spread a sandwich filling on each slice of bread.
4. Cut up vegetables or fruits in small pieces and put on sandwich filling.
5. Place a cheese slice or shredded cheese on top.
6. Starting with one end, roll the bread.
7. Slice into one inch pieces.
8. Refrigerate leftovers.

Be adventurous in trying different food combinations. Sometimes the most unlikely combinations taste the best. Tortillas can be used in place of the bread.

FREE class: Healthy Cooking for 1 or 2

Alice Henneman, registered dietitian and extension educator, will help you learn how to prepare quick, delicious and nutritious meals for one or two people on Nov. 4, 7-8 p.m. in cooperation with BryanLGH Medical Center. The emphasis will be on using just a few common ingredients per recipe and as few dishes to wash as possible! Participants will receive an extensive handout which includes tips and recipes. More information on location and how to register will be provided in the next NEBLINE. (AH)

Web Resources of the Month

Learn the latest "Cook It Quick Tip of the Month" at lanaster.unl.edu/food/ciqtips.htm

Find directions for canning and freezing summer produce at lanaster.unl.edu/food/foodpres.htm

Discover 12 easy ways to add extra taste and nutrition to summer salads at lanaster.unl.edu/food/ftj-a03.htm

Check out our summer food safety tips on the Food Safety for Home Cooking section of our Web site at lanaster.unl.edu/food/foodsafety.htm#summer

