

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528

402-441-7180

<http://lancaster.unl.edu>

Email: lancaster@unl.edu • Fax: 402-441-7148

Join us on Twitter, Facebook, YouTube, Flickr and
Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

UNIT LEADER & EXTENSION EDUCATOR

Karen Wobig

ADMINISTRATIVE SERVICES OFFICER

Jenny DeBuhr

EXTENSION EDUCATORS

Tracy Anderson, Sarah Browning, Kayla Colgrove, Jaci Foged, Emily Gratopp, Jody Green, Alyssa Havlovic, Kristen Houska, Tyler Williams

EXTENSION ASSOCIATES

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy, Becky Schuerman, Mindy Vyhnaelek, Jim Wies

EXTENSION ASSISTANTS

Morgan Battes, Kyleah Bowder, Calvin DeVries, Courtney Eitzmann, Brie Frickenstein, Meredith Hein, Vicki Jedlicka, Kate Pulec

SUPPORT STAFF

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

NEBLINE

The NEBLINE is published monthly (except December).
It is mailed to nearly 11,000 households in Lancaster County.
E-newsletter and PDF versions are online at
<http://lancaster.unl.edu/nebline>.

Copyright ©2019

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "Nebraska Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska-Lincoln is implied.

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs or call 402-471-4038 or 800-742-7691.

NEBLINE subscriptions

You can manage your subscriptions at <http://lancaster.unl.edu/nebline> or mail this form to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

NEBLINE FREE E-NEWSLETTER:

Add my email address Remove my email address

NEBLINE IN THE MAIL:

Add my address Remove my address Change of address

Subscriptions to the NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683-, 684-, 685-, 68003, 68017 and 68065.

Name _____

Street address _____

City _____ Zip _____

Email address _____

Phone _____

We will only use your phone number in case there is a problem with your address.

Summertime Snacking With Salsa

Amy Peterson, MS, RD,
Extension Educator, Polk County

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 healthy eating and they can also stay sharp using math, measuring and reading skills by following recipes!

Lending a Helping Hand

Kids love to help in the kitchen! Keep the following tips in mind while you prepare the recipes below.

At 2 Years:

- Hand items to adult to put away (such as after grocery shopping).
- Place things in trash.
- Make "faces" out of pieces of fruits and vegetables.

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:

- Rinse vegetables or fruits.

- Measure liquids.
- Cut soft fruits and veggies with a plastic knife.

Sources:
 • *Summer Food, Summer Moves from the United States Department of Agriculture (USDA)*; www.fns.usda.gov/tn/summer-food-summer-moves
 • *Kitchen Activities for Kids from the USDA*; <https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/KitchenHelperActivities.pdf>
 • *Delicious Heart Healthy Latino Recipes: National Heart, Lung and Blood Institute*; <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cid=0&rid=190>



© Goodshoot from Photo Images via Coma.com



RECIPES OF THE MONTH

Amy Peterson, MS, RD, Extension Educator, Polk County and
Ann Fenton, MS, Extension Educator, Pierce County

FRESH SALSA (PICO DE GALLO)

(Makes 8 servings, 1/2 cup each)

- 6 tomatoes, preferably Roma (or 3 large tomatoes), washed and diced
- 1/2 medium onion, washed and finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, washed and finely chopped (optional)
- 3 tablespoons fresh cilantro, washed and chopped
- Juice of 1 lime
- 1/8 teaspoon dried oregano, finely crushed
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 avocado, washed and diced

1. Wash hands with soap and water.
2. Gently rub produce and fresh herbs under cold running water before cutting.
3. Combine all of the ingredients in a glass or stainless steel bowl.
4. Serve immediately, or refrigerate and serve within 4-5 hours.

Each serving contains 42 calories, 2g fat, 44mg sodium, 7g carbohydrate and 2g fiber.
Source of recipe: *Delicious Heart Healthy Latino Recipes from National Heart, Lung and Blood Institute.*



Cam Wells, Nebraska Extension in Hall County

FRESH FRUIT SALSA WITH CINNAMON CRISPS

(Makes 4 servings, 1/4 cup salsa and 1/2 tortilla).

- 4 strawberries
- 1/2 banana
- 1 apple
- 1 kiwi
- 1/8 cup orange juice
- 2 tablespoons sugar, divided
- 1 pinch nutmeg
- 1 teaspoon cinnamon
- 2 (8-inch) tortillas
- Cooking spray

1. Wash hands with soap and water. Preheat oven to 350°F. Gently rub produce under cold running water. Peel and core the kiwi. Dice the strawberry, apple, banana and kiwi into 1/4 inch pieces. Mix orange juice, 1 tablespoon sugar, nutmeg and 1/4 teaspoon cinnamon. Toss with fruit. Chill.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine 3/4 teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortilla slices.
4. Bake 6-8 minutes until slightly browned.
5. Serve with fruit salsa.

Each serving contains 160 calories, 2.5g fat, 220mg sodium, 32g carbohydrate and 2g fiber.
Recipe adapted from *Fast Foods, Nebraska Extension 4-H Curriculum, 4H5000.*



Photos: Lisa Franzen-Castle, UNL Department of Nutrition & Health Sciences