



# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

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## Keep It Green...Keep It Clean!

***Earth Day celebrations remind us that there are many things we can do to help keep our Earth green.***



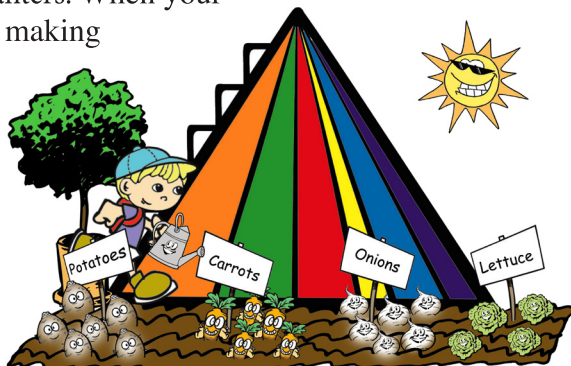
Did you know that for every ton of paper that is recycled - we save 17 trees? In honor of Earth Day plant a tree. There are a variety of flowering, fruit and evergreen trees that thrive in our climate. Your local garden center can help you find a tree that is perfect for your family.

There are environmental concerns and ways we can conserve energy. Share with your children the harmful effects that littering has on our earth. There are plenty of easy ways children can conserve energy and help with the Going Green initiative...turn the water off while brushing teeth...turn the lights off when leaving a room and turn the TV off when it is not in use.

The Nutrition Group supports school recycling programs. Signs and posters are placed in cafeterias to serve as helpful reminders on ways to conserve.



Starting a garden is a fun family project. If space is an issue, many vegetable plants grow well in garden planters and flower pots. Tomatoes are one of the many vegetable plants that thrive in garden planters. When your tomatoes ripen try making tomato salsa - it's a great way to help children meet their nutritional needs and enjoy fresh vegetables.



### Chef Basil's *Fresh Tomato Salsa* Recipe

#### Ingredients:

2-3 medium sized fresh tomatoes  
*(from 1 lb. to 1 1/2 lb.), finely diced*  
1/2 red onion, finely diced  
1 jalapeño pepper  
*(stems, ribs, seeds removed), finely diced*  
Juice of one fresh lime  
1/2 cup chopped cilantro  
Salt and pepper to taste

#### Directions:

Wash all vegetables. Start by dicing 2 fresh tomatoes and jalapeños.

Prepare the jalapeños. Be very careful while handling these hot peppers. Wear gloves to protect from contact with hot peppers. Use a fork to cut up the jalapeños over a small plate. Wash your hands thoroughly with soap and hot water after handling.

Combine all of the ingredients in a medium sized bowl. Taste. If the peppers make the salsa too hot, add some more chopped tomato.

If it is not hot enough add another jalapeño or a sprinkle of chili powder. For added flavor try a sprinkle of oregano or cumin.

If time permits, let sit for an hour for flavors to develop. Serve with chips, tortillas, tacos, burritos, tostadas, quesadillas, pinto or black beans.

Fresh salsa is also a great topping for grilled fish or chicken.

Makes approximately 3-4 cups.