Did you know?

August is Tomato Month

Fact #1

Is it a fruit or vegetable? It can be both! Tomatoes are a fruit, botanically speaking, but are culinarily treated like vegetables so counted as a vegetable by chefs and dietitians.

Fact #2

There are thousands of varieties of tomatoes that come in different colors, shapes and sizes. According to Guinness World Records, the heaviest tomato weighed almost 12 pounds.

Fact #3

Tomatoes are a source of Vitamin C, an important nutrient needed to help support our immune system.

Pico De Gallo

Number of Servings: 12 | Serving Size: 1

INGREDIENTS:

- 3 cups diced tomatoes
- ½ cup chopped fresh cilantro
- ¼ cup diced red onion
- 1 jalapeno pepper, diced
- ¼ cup lime juice
- ¾ cup chopped red bell pepper
- ¼ tsp salt
- ¼ tsp black pepper

DIRECTIONS:

Combine all ingredients in a mixing bowl. Marinate for 1 hour prior to serving. Serve with Tortilla chips.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups