



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIMPLE STEPS TO HEALTHIER KIDS

SUMMER

Nothing says “summer” like a fresh, sun-warmed **tomato** you grew yourself—but the next best thing is to get one at a farm stand or supermarket! Tomatoes are a superfood, filled with vitamin C, lutein (which is good for your eyes), and lycopene, the cancer-fighting antioxidant that gives them their red color. Select firm tomatoes with a deep color, a tomatoey aroma, and no bruises. Store them at room temperature for a few days, where they’ll continue to ripen—but never in the refrigerator, where they get mealy.



Snack: Zucchini Pizza Bites

A meltingly delicious take on a kid-favorite snack.

- **ADULT NEEDED:** YES
- **HANDS-ON TIME:** 30 MINUTES
- **TOTAL TIME:** 30 MINUTES
- **MAKES:** 30 (½-CUP) SERVINGS OR 3-4 ZUCCHINI BITES PER PERSON

KITCHEN GEAR

Sharp knife (**adult needed**)
Cutting board
Measuring cup
2 large baking sheets
Aluminum foil
Heatproof spatula
Measuring spoons
Oven mitts or pot holders

INGREDIENTS

8 medium zucchini, washed and trimmed
Olive oil cooking spray
4 large tomatoes, cored (“**cored**” means with stem and hard center removed) and finely chopped or 3 cups tomato or

marinara sauce
3 cups (**12 ounces**) shredded part-skim mozzarella

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put a rack in the highest part of the oven. Turn the oven on and set it to broil. Cover the baking sheets with aluminum foil.
2. Cut each zucchini into rounds about ¼ inch thick. You should get about 20 from each. (If the zucchini are skinny, cutting them **on the bias**—at an angle—will

give you larger pieces.)

3. Spread the zucchini rounds on the baking sheets and lightly coat with cooking spray. Turn all the pieces over and spray again. Put the pans in the oven and broil the zucchini for 3 minutes.
4. Carefully remove the sheets from the oven, turn the zucchini over and top each piece with 1 teaspoon chopped tomatoes (or 1 teaspoon sauce) and 1 teaspoon cheese. Return the sheets to the oven and broil until the cheese is melted, about 1-3 minutes. Cool for a minute or two. Serve right away.

DID YOU KNOW?

Botanically speaking, tomatoes are a fruit; technically speaking, they’re a berry; and legally speaking—according to an 1893 Supreme Court ruling about how to classify them—they’re a vegetable.

Dinner: Cool Red Gazpacho

If you like salsa, you’ll like this Spanish classic. Think of it as a liquid salad!

- **ADULT NEEDED:** YES
- **HANDS-ON TIME:** 25 MINUTES
- **TOTAL TIME:** 2 HOURS 30 MINUTES
- **MAKES:** 4 SERVINGS



KITCHEN GEAR

Cutting board
Sharp knife (**adult needed**)
Mixing bowl
Fork or wooden spoons
Food processor (**adult needed**) or potato masher
Measuring spoons
Measuring cup

INGREDIENTS

1 English or regular cucumber or 2-3 kirby cucumbers, washed or peeled, and diced
1 large ripe tomato, cored and diced (“**cored**” means with the stem and hard center part removed)
½ small red or yellow onion, peeled and chopped
1 red bell pepper, seeds and white ribs removed, diced
2 garlic cloves, peeled and finely chopped
1 tablespoon olive oil
1 tablespoon red wine vinegar
1½ cup tomato or V8 juice
½ cup ice water
½ teaspoon salt
1 teaspoon minced fresh dill or

1 tablespoon minced fresh cilantro or basil leaves
1 tablespoon crumbled feta cheese
1 tablespoon croutons

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Put the diced cucumbers, tomato, onion, bell pepper, and garlic into the mixing bowl and mix them together with the fork or wooden spoon.
2. Put half the gazpacho mixture into the food processor fitted with the steel blade, and press the “pulse” button on the

processor 2 or 3 times, or until all the ingredients are chopped up even more, but not so much that you make the mixture smooth. Pour the mixture back into the mixing bowl.
3. Add the olive oil, vinegar, tomato or V8 juice, water, and salt to the bowl and stir everything together.
4. Cover and refrigerate at least 2 hours and up to overnight. Add the herbs, cheese, and croutons just before serving.



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Buy & Store Summer Produce



Summer Squash Look for firm zucchini or yellow squash with shiny, tight skin. Smaller squash will be sweeter, more flavorful, and less seedy than bigger ones. Store summer squash in a plastic bag in the refrigerator for up to 5 days.



Corn Buy corn that's as fresh as possible. Seek out corn that has fresh green husks and moist-looking silk. If you can, eat corn the same day you buy it, but you can store corn in the husk loose (or shucked corn in a plastic bag) in the refrigerator up to two days.



Fresh, soft **herbs**—mint, dill, cilantro, basil, and parsley—are an abundant farmer's market staple in the summer. Buy bright green, fragrant bunches without any bruised or browning leaves. Roll the herbs in paper towels and store them in a plastic bag in the refrigerator for a few days. Or treat them like fresh flowers: trim the stems and put them in a glass of water, then put a plastic bag around the tops and refrigerate.



Stone fruit, such as peaches, plums, and nectarines, should smell the way you want it to taste: the sweeter the aroma, the sweeter the fruit. Choose fruits that are just slightly soft, and store them at room temperature until they're fully ripe, after which they'll keep in the refrigerator for up to a week.

DID YOU KNOW?

There are more than a hundred kinds of basil, including such exotic-sounding varieties as Holy basil, Siam Queen, and Dark Opal. Sweet basil is what's typically grown in the United States.

DID YOU KNOW?

A University of California survey ranked the tomato as the single most important fruit or vegetable of western diets as an overall source of vitamins and minerals.