

May  
2023

# EAT BETTER FOR LESS

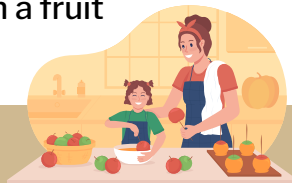
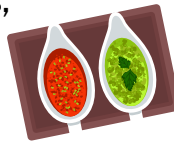
EatGatherGo.org

## Bring the Party to Your Table During Salsa Month

May is National Salsa Month - the perfect time to celebrate this wonderful topping. If you think salsa is only something to enjoy with tortilla chips in a Mexican restaurant, you are missing out on a treat!

Salsas can be sweet or savory, and are a fun way to add fruits and vegetables to any meal. All fruits and vegetables can be turned into a salsa and it can be as spicy as you wish. Add a dash of excitement with these delicious ideas:

- Mix salsa into scrambled eggs or top an omelet
- Top your tacos, nachos, burritos, quesadillas, fajitas, or baked potatoes with salsa
- Garnish meat or fish with different salsa flavors
- Add to grain and salad bowls or use as a salad dressing
- Top ice cream or other desserts with a fruit salsa



### Serving tips

Keep cut fruits like apples, pears, bananas, and peaches from browning by coating them with lemon, orange, or pineapple juice.

Cover and refrigerate chopped fruit and veggies until ready to serve. Most salsas taste best if refrigerated for about an hour before serving to let flavors blend.



Who says salsa must come from a jar? Make your own to celebrate National Salsa Month.

### Strawberry Salsa

#### Ingredients

- 1 1/2 cups fresh strawberries, chopped small (about 1/2 pound)
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 tablespoons cilantro, finely chopped
- 1 1/2 teaspoons lime juice

#### Directions

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: <https://food.unl.edu/healthy-bites-may-national-salsa-month> [www.eatgathergo.org/recipe/strawberry-salsa/](https://www.eatgathergo.org/recipe/strawberry-salsa/)



@PurdueNEP

Purdue Extension  
Nutrition Education Program

PurdueNEP

