The Harvest of the Month featured vegetable is **tomatoes**

**Healthy Serving Ideas**
- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Toss sliced red, yellow, and green tomatoes with your family’s favorite lowfat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

### HUEVOS RANCHEROS WITH FRESH SALSA

**Makes 4 servings. 1 tortilla per serving.**
**Cook time: 30 minutes**

**Ingredients:**
- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded cheese
- 2 cups fresh salsa
- ¼ teaspoon ground black pepper

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

**Nutrition information per serving:**
- Calories 146
- Carbohydrate 16 g
- Dietary Fiber 3 g
- Protein 13 g
- Total Fat 4 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 3 mg
- Sodium 255 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

**Recommended Daily Amount of Fruits and Vegetables**

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.*

**Produce Tips**
- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

**Let’s Get Physical!**
- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit: [www.cawalktoschool.com](http://www.cawalktoschool.com)