

KIDS CLUB

NEWSLETTER



Welcome to the latest issue of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This month we're cooking with tomatoes. Or, more precisely, *not* cooking with tomatoes. Because they're so good right now you really don't need to cook them. Some kids we know bite right into tomatoes like they're apples; some eat tomato sandwiches; and some, to be honest, don't eat them at all. What's your favorite way? We've got more here, too, including an easy recipe for something called Twinkle Spice, fun facts, questions, and activities to fill this back-to-school season.

Have fun!



Simple Tomato Salad

The better your tomatoes are, the less you need to do to them. That's the guiding principle of this salad. Use the ripest late-summer tomatoes you can find, and feel free to do even less to them! Sometimes a plate of sliced tomatoes with a sprinkle of salt is as good as it gets.

▮ HANDS-ON TIME: 15 MINUTES ▮ TOTAL TIME: 15 MINUTES ▮ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Serrated knife* (adult needed)
Measuring spoons
Measuring cup
Mixing bowl

* A serrated knife has little teeth, like a saw.

INGREDIENTS

- 4 large tomatoes, cored (use the sharp knife; see the next page) and diced (use the serrated knife)
- ½ cup crumbled feta cheese
- 2 tablespoons slivered fresh basil leaves
- 1 tablespoon olive oil
- ¼ teaspoon salt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the tomatoes, feta, and basil in the bowl.
2. Drizzle with the olive oil and sprinkle with the salt.
3. Serve right away, or cover and refrigerate up to overnight.

OR ELSE

If you don't have or like feta cheese, try substituting diced mozzarella or cheddar, or some grated Parmesan cheese.

GET CREATIVE

- Replace 2 of the tomatoes with 2 fresh peaches or nectarines, pitted and diced.
- Swap in dill, mint, or another favorite herb for the basil.
- Add 1 diced avocado and/or 1 to 2 cups canned white beans or chickpeas.
- Skip the feta, swap in cilantro for the basil, and call it salsa!





Corny Tomato Pasta Salad



Summer Salsa

GOT MORE TOMATOES?

Try one of these recipes.

Peach, Tomato, and Avocado Salad: www.chopchopfamily.org/recipe/peach-tomato-and-avocado-salad/

Corny Tomato Pasta Salad: www.chopchopfamily.org/recipe/corny-tomato-pasta-salad/

Summer Salsa: www.chopchopfamily.org/recipe/summer-salsa/

Fattoush: www.chopchopfamily.org/recipe/fattoush/

Panzanella (Bread Salad): www.chopchopfamily.org/recipe/panzanella-bread-salad/

KITCHEN SKILL

How to Core a Tomato



“Coring” a tomato means taking out the hard part where the stem was.

1. If the tomato still has a stem, pull it off.
2. Use your non-cutting hand to steady the tomato on a cutting board.
3. Use a paring knife (with a sharp tip) to carefully cut around the place where the stem was. Imagine you’re trying to cut out a cone shape from that part of the tomato.
4. Throw away the core and use the tomato.

Cherry Tomatoes With Twinkle Spice

Did you know that a dip can be made of dry ingredients? Here, the flavoring comes from a simple mixture of spice and salt that sticks to the tomatoes through the magic of . . . water!

■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 5 MINUTES ■ MAKES: 2 CUPS

KITCHEN GEAR

Measuring cup
Measuring spoons
3 small bowls

INGREDIENTS

2 cups (1 pint)
cherry or grape
tomatoes
1 cup cold tap water
1½ teaspoons Twinkle
Spice (see right) or
flavored salt

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the tomatoes in one bowl.
2. Put the water in another bowl.
3. Put the Twinkle Spice or flavored salt in the third bowl.
4. To serve, let each person dip one side of each tomato in the water, then in the Twinkle Spice or flavored salt.



TWINKLE SPICE

To make the Twinkle Spice, stir together ½ teaspoon salt with 1 teaspoon curry powder, five-spice powder, chili powder, za'atar, or another favorite seasoning blend.





KITCHEN SCIENCE: IS A TOMATO REALLY A FRUIT OR A VEGETABLE?

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. So call them whatever you like!

WHERE IN THE WORLD? PLAY THIS NOW!



Earlier we linked to our recipes for Fattoush (from Lebanon) and Panzanella (from Italy). Do you want to make a tomato recipe from somewhere else in the world? Try "Around the World Cooking," a game our friend Jeff Freedman at [Small Army](#) plays with his family. Jeff explains, "We each throw a dart at a map and then have to cook dinner from wherever the dart landed. Then, we score each other's meal to determine a winner. My daughter won the first round with Orange Chicken and Sautéed Cauliflower from China. We're in the middle of round 2 now. So far, we've had meals from Afghanistan, China, Russia, France, Latvia and Kyrgyzstan. Greenland and Chile are up next!" We can't wait to see where your kitchen takes you next, Jeff!

MATH ON THE VINE

Our Simple Tomato Salad recipe makes 4 servings. If you wanted to make it for just yourself:

1. How many tomatoes would you need?
2. How much feta cheese?
3. How much basil?
4. How much olive oil?
5. How much salt?

Show your work! (Just kidding. You totally don't need to!)



FOOD HISTORY

By 500 BC—over 2500 years ago!—tomatoes were already being cultivated for food in southern Mexico, although they were not grown in Europe until the 16th century.

PRACTICE GRATITUDE

The pandemic has been so hard! Social distancing is tough, and we've missed (and worried about) our friends and family. But it hasn't been all bad, has it? Have you spent more time with your dog? Been better about calling your grandparents? Had more time to sleep or relax? Think of 3 ways that the last 6 months have actually been good for you and your life.

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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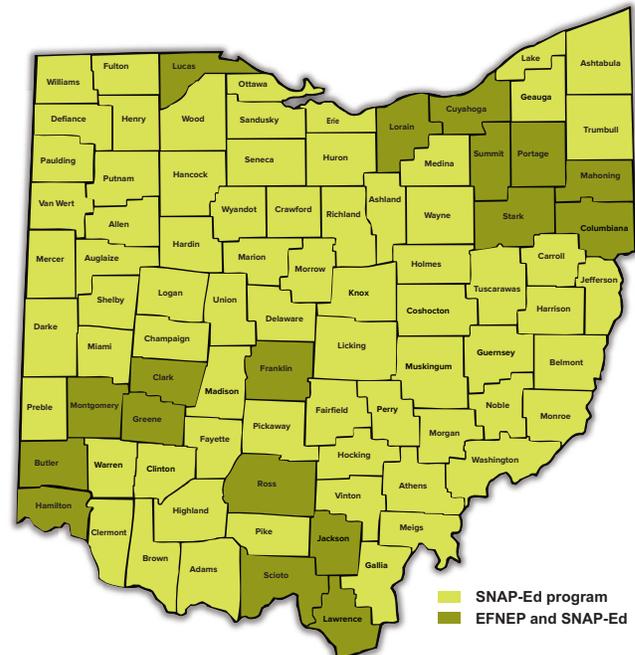
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.



Visit CelebrateYourPlate.org for tasty, healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).