

Pick a better snack & Act



This week Week Three



Snack

Fire and Ice Tomatoes

- 6 large tomatoes
- 1 large green bell peppers, cut in strips
- 1 red onion—sliced in rings
- $\frac{3}{4}$ c. vinegar
- $\frac{1}{2}$ t. celery salt
- $\frac{1}{2}$ t. black pepper
- 4 t. sugar
- $1\frac{1}{2}$ t. mustard seed
- $\frac{1}{8}$ t. red pepper – (cayenne)
- $\frac{1}{4}$ c. cold water

Skin and quarter tomatoes. Place with green pepper and onion in a large bowl with tight-fitting lid. Place remaining ingredients in a saucepan and bring to boil. Immediately pour over vegetables. Chill, turning occasionally. Serve cold. Makes 2 quarts.



Be Active

- Volunteer to create a company, church or school physical fitness bulletin board and make sure it is in a strategic area for all to view.
- Create a family video routine that you can use together in the winter time.

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.