

Peach, Tomato, and Avocado Salad



Come August, peaches and tomatoes are bursting from local trees and vines! This surprising salad makes the most of their vibrant juiciness, and varies the texture and color with a little creamy green avocado. Serve it as a no-cook side dish—or swap it for salsa and use it to top a quesadilla or for scooping up with whole-grain chips.



“Whether you grow them in your garden, get them from a local farm, or pick them up at the supermarket, fresh ripe tomatoes are one of the tastiest things you can eat during a Massachusetts summer. This month’s recipe is a refreshingly cool and juicy treat when temperatures are at their warmest. This tomato salad is easy and portable—so you can bring it to picnics, cookouts, the beach, and everywhere else that summer takes you. Enjoy!”

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Measuring spoons
Large bowl
Rubber spatula

INGREDIENTS

2 peaches, pitted
2 tomatoes, cored and diced
1 ripe avocado, peeled, pitted, and diced
1 tablespoon olive oil
1 tablespoon fresh lime, lemon, or orange juice
½ teaspoon salt
½ teaspoon curry powder (if you like)

INSTRUCTIONS

1. Put everything in the bowl and stir together gently with the spatula.
2. Serve right away or cover and refrigerate up to overnight.

Or Else

Omit the curry powder, and try one of these variations:

For an herby salad, add 2 tablespoons chopped fresh cilantro, mint, or basil.

For a more substantial salad, add ½ cup crumbled feta cheese.

For a spicy salad—especially great as salsa—add minced jalapeño peppers to taste.

Safety Tip Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

YOU SAY TA-MAY-TOH, I SAY TA-MAY-TOH TOO.

(BUT THEY REALLY DO PRONOUNCE IT TA-MAH-TOH IN ENGLAND!)



**DID
YOU
KNOW?**

Like its cousins eggplant and bell pepper, the tomato is in the nightshade family—famous for its poisonous member belladonna aka deadly nightshade! Tomatoes, however, are more than merely edible:

The 32nd Annual Massachusetts Tomato Contest

will be held at Boston Public Market Kitchen, 100 Hanover Street, Boston on August 24th. Tomatoes will be judged by a panel of experts on flavor, firmness, exterior color, and shape. The contest is sponsored by the New England Vegetable and Berry Growers Association in cooperation with the Massachusetts Department of Agricultural Resources and Mass Farmers' Markets and hosted by the Boston Public Market Association and Trustees of Reservations.

★ Tomatoes are one of the very best sources of **Vitamin C**.

★ 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.

★ **Lycopene**, the substance in tomatoes that gives them their red color, is an antioxidant with loads of health benefits.



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