KID FRIENDLY RECIPE FOR JULY...

**CHERRY TOMATO SALSA** - Serves 3
- 16 cherry tomatoes (cut into sixths)
- 1 sweet onion (very small, cut into 1/4-inch pieces)
- 1 can (4 oz) diced green chiles (drained)
- 2 tbsps chopped cilantro (fresh)
- 2 tbsps fresh lime juice
- coarse salt & ground black pepper

**Directions:**
1. Mix all ingredients together and stir to combine. Refrigerate to allow the flavors to blend.

*Adapted from: [www.yummly.com](http://www.yummly.com)*

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ADULT FRIENDLY RECIPE FOR JULY...

**TUNA STUFFED TOMATOES** - Serves 4
- 8 small tomatoes
- 2 (3-oz) cans oil-packed tuna, drained
- 10 pitted Kalamata olives, minced
- 2 tablespoons minced fresh parsley
- 1 tablespoon capers, drained, rinsed
- 1 tablespoon olive oil
- ½ teaspoon minced fresh thyme leaves
- Salt and pepper

**Directions:**
1. Line a baking sheet with paper towels. Cut a thin slice off the top of each tomato. Gently scoop out tomato seeds and pulp, leaving shell intact. Set shells cut side down to drain on paper towels.
2. Mix tuna, olives, parsley, capers, olive oil, thyme and pepper, breaking up large chunks. Season with salt and additional pepper, if desired.
3. Spoon tuna mixture into tomatoes and serve.

*Adapted from: [www.health.com](http://www.health.com)*