

# SALSA PROGRAM

What I am going to do tonight will probably be a little different than the normal program a friend gave this idea to me. What he did was make salsa for his youth class and as he put each ingredient into the chopper, he compared the ingredients to a part of Christianity. It was so good that I got to thinking about how those ingredients could compare to Tops. What made it associate with Tops to me was that salsa is one of the most guilt free accompaniments that you can use on a good weight loss program. It has so very many uses and is good for us at the same time.

Salsa is defined in the Better Homes and Gardens Encyclopedia of Cooking as a term for any variety of highly seasoned sauces. They can be cooked or uncooked and are especially popular in Mexican and Tex-Mex cooking. The salsa is generally chunky in texture and almost always contains chili peppers. It can be bought commercially but by making it at home, which is easy to do, you can control what you use and that adds to keeping your diet under control.

Some of the ways to use salsa are the main way as a chip dip, If you use baked chips and use moderation this is a very good snack. You can also use it as a vegetable dip. We use it as a topper for baked potatoes which sure beats the butter and sour cream in a weightloss program. I use it as a seasoning for some meats and vegetables and I often use it in a recipe that calls for chopped canned tomatoes as it makes the recipe a little spicier. I am sure you could all give me many more uses for it.

The list of ingredients that I am going to use tonight are: 2 medium size ripe tomatoes chopped and they have 52 calories and point .8 grams of fat --- 1/4 of an onion chopped and that has 20 calories and less that point . 1 grams of fat --- 4 sprigs of chopped cilantro which has 1 calories and no fat grams --- 2 cloves of garlic crushed which has 8 calories and point . 1 fat grams --- 2 tablespoons of lemon juice which has 8 calories and no fat grams --- 1 teaspoon of salt which has no calories and no fat grams and 1 jalapeno pepper chopped with or without the seeds which has 10 calories and no fat grams. The total for this size batch is 99 calories and 1 fat gram. That would be if you ate the whole batch yourself and by how much you eat of it, you can determine how many calories and fat grams you have. Now let us start making it.

The first and main thing I put in is the tomatoes and when you think of the main thing in Tops, I think of the members. Without each of us there would be no Tops Organization. We are the main ingredient being a group of people all alike, having the same struggles in life. The main ingredient is just waiting to be mixed in with all our other Tops friends to gather growth and become a finished product.

The next ingredient in the salsa is the onion. Onions are an exceptionally strong antioxidant. They have been found to prevent cancer, ward off blood clots, lower cholesterol and aid in diabetes. I compare the onion to Tops support as an exceptionally strong aid to us. It is found to prevent discouragement and to help us keep on keeping on. The next ingredient in the salsa is the garlic. Garlic is a little vegetable that has been used for over 5000 years in various healing formulas. It has been noted that garlic helps to kill bacteria. It has also been found to stimulate natural protection against tumor cells and heart problems. I will compare this in Tops to our "Choice is Yours" book. Our Choice is Yours book has been used for years to guide the Tops members in developing a good life style of eating. It has been found to stimulate our minds into learning more about

ourselves and our health and how to maintain good health.

The next ingredient in the salsa will be the cilantro. Cilantro is like a Mexican parsley and it has been found to suppress cancer cells and it is a good diuretic which helps us to rid our bodies of those poisons and fat cells. I want to compare this to our Tops Helping Hands. These wonderful helping hands help us to suppress our negative feelings when we have them and to help us to rid our minds of the poisons that creep in when we feel discouraged.

The next ingredient in the salsa is the lemon juice. Lemons are a fruit with a lot of zest to them. Fruits are very good for us and should be eaten daily. I would like to compare the lemon juice in the salsa to our weekly programs we get in our Tops meetings. We only hear a program once a week but we should try daily to put into practice what we hear weekly. Each of us should try to give a program at times because I promise you that as you study to give a program, you will learn and grow a lot. Sometimes programs seem like things we hear over and over but we can always get at least one new fact each time we hear something.

The next ingredient in the salsa is the salt and although it is not the best thing for us, it is sometimes necessary. It adds that little something. Salt has been used forever as a preservative but too much of it can be bad for us. In Tops I will compare the salt with our scales. Scales have been used forever for weight and sometimes the scales are not too good to us either. The good side of the scale is when we see our weight go down each week. We all have gains from time to time but as we take advantage of all the above mentioned things, we can get back on track and get the scale going in the right direction again.

The last ingredient in the salsa is the jalapeno pepper. The pepper will open our sinuses, break up mucus in our lungs and speed up our metabolism causing us to burn more calories. It is the one thing that really spices up the salsa. I want to compare the jalapeno pepper with our awards received at chapter level, area level, state level and national level. Our life is spiced up by these occasions. The salsa would be bland without the pepper and our Tops life would be bland without the SRD's where we have great times of fun and learning and sharing and receiving. We all need to be recognized for our accomplishments.

We now have all the ingredients in the mixer/chopper for the salsa to be mixed and blended together to get the final product --- SALSA!!!!!!!!!!!!!!

We now mix our Tops ingredients together, the members, the support, the Choice is yours book, the helping hands, the weekly programs, the scales, the awards, and the rd's and what we have when we get all these products mixed together is the final product --- a KOPS!!!!!!!!!!!!!!

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