

# Dragon Sauce

TRINIDAD AFTER SCHOOL

Chef: Kortni Lakey, Trinidad School Food Service

Kids' Salsa Recipe  
Competition

## INGREDIENTS:

- 16 oz. container of strawberries, diced
- 1 large red onion, diced
- 1/2 medium cucumber, diced
- 1 1/3 cups fresh cilantro, chopped
- Juice of 1 lime
- 1 Tablespoon salt
- 1 Tablespoon pepper
- 2 1/2 Tablespoons Garlic Sambal

## DIRECTIONS:

1. Add all ingredients to a bowl.
2. Gently mix to combine.
3. Eat and enjoy!

**Yield: 3 1/2 Cups**



# Roasted Tomatillo, Corn & Avocado Salsa

ARCATA ELEMENTARY AFTER SCHOOL

Restaurant/Chef: Edible Melodies/Melody Dale

Kids' Salsa Recipe  
Competition

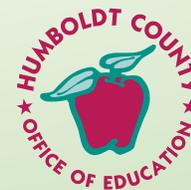
## INGREDIENTS:

- 1/2 pound tomatillo, roasted and blended
- 1/2 medium white onion
- 2 cloves garlic, minced
- 3 ears roasted corn, kernels removed
- 2 small ripe avocado, diced
- 2 Serrano peppers, seeded, finely diced
- 1 sweet Italian yellow pepper, finely diced
- 1 sweet Italian red pepper, finally diced
- 3 Tablespoons cilantro, chopped
- 1 teaspoon mint, chopped
- 2 limes, juiced

## DIRECTIONS:

1. In a medium size pan roast tomatillo in oven at 400° F for 15 minutes.
2. Chop all other ingredients according to specification.
3. Once tomatillo has cooked and cooled, blend in food processor.
4. Combine all ingredients.
5. Salt and pepper to taste.
6. Eat and enjoy!

**Yield: 4 Cups**



# Fire Roasted Rainbow Salsa

LAFAYETTE AFTER SCHOOL

Restaurant/Chef: Ramone's Bakery & Café/Lizette Acuna

Kids' Salsa Recipe  
Competition

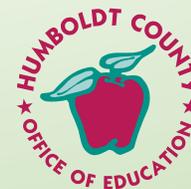
## INGREDIENTS:

- 1 cup red cherry tomatoes
- 1 cup Sungold tomatoes
- 3 tomatillos
- ½ of a cucumber, peeled and chopped
- ½ cup cilantro, chopped
- 1 avocado, peeled, pit removed, and chopped
- 1 jalapeño, seeded, halved
- ½ red onion, diced large
- Juice of 1 lime
- 2 Tablespoons olive oil
- salt and pepper to taste

## DIRECTIONS:

1. Preheat oven to 400° F.
2. Place cherry tomatoes, tomatillos, jalapeño, and red onion in a medium size bowl. Lightly add olive oil and salt and pepper and toss to coat.
3. Place on sheet pan and place into the oven for 10 minutes until lightly charred. Remove from oven and let cool.
4. Place roasted veggies and all other ingredients. (except for lime) in a food processor. Blend to desired consistency. Add lime juice while blending.
5. Add salt and pepper to taste.
6. Eat and enjoy!

**Yield: 4 Cups**



# Freshwater Express

## FRESHWATER AFTER SCHOOL

Restaurant/Chef: Pachanga Mexicana/Belem Espitia

# Kids' Salsa Recipe Competition

### INGREDIENTS:

- ½ cup bell pepper, diced
- ½ cup tomatoes, diced
- ½ cup cucumber, diced
- ½ cup red radish, diced
- ½ cup white onion, diced
- 2 cloves of garlic, minced
- ¼ cup cilantro, chopped
- Juice of 1-2 limes
- 1 jalapeño, finely diced
- 1 avocado, cubed
- Salt and pepper to taste

### DIRECTIONS:

1. Combine bell pepper, tomatoes, cucumber, radish, onion, and garlic in a mixing bowl.
2. Gently fold in avocado.
3. Add jalapeño, cilantro, lime juice, and salt and pepper in small amounts until desired heat level and taste are reached.
4. Eat and enjoy!

**Yield: 3 Cups**



# Fiesta Blast

WASHINGTON AFTER SCHOOL

Restaurant/Chef: Five Eleven/Josh Wiley

## Kids' Salsa Recipe Competition

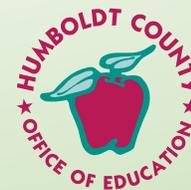
### INGREDIENTS:

- 3 large heirloom tomatoes, diced
- ½ small red onion, diced
- ½ small white onion, diced
- 2 medium jalapeño, seeded, finely diced
- 4 cloves of garlic
- 1 bunch of cilantro, chopped
- 1-½ cup of spinach, thinly sliced
- 2 limes, juiced
- Salt and pepper to taste

**Yield: 3 ½ Cups**

### DIRECTIONS:

1. Cut one tomato and ½ of white onion into large chunks. Place on baking sheet.
2. Cut one jalapeño in half and remove seeds. Place the jalapeño halves along with 2 cloves of garlic on the baking sheet.
3. Drizzle with olive oil and sprinkle with salt and pepper. Toss to combine.
4. Place baking sheet in oven and roast at 400° F for 15- 20 minutes.
5. When done remove from oven and set aside to cool.
6. Dice remaining tomatoes, onions and jalapeños. Combine in mixing bowl.
7. Mince remaining two cloves of garlic and add to mixing bowl.
8. Chop cilantro and add to mixing bowl.
9. Working in batches, stack spinach leaves on top of one another, roll them tightly and slice thinly into strips. Add to mixing bowl.
10. Add the juice of one lime to mixing bowl. Stir to combine.
11. Remove roasted tomato, white onion, jalapeño and garlic cloves from baking sheet and place in a food processor; blend to desired consistency.
12. Add blended ingredients to mixing bowl. Stir to combine.
13. Add more lime juice, salt and pepper if needed.
14. Eat and enjoy!



# Shark Bite Salsa

SOUTH BAY AFTER SCHOOL

Restaurant/Chef: Brett Shuler Fine Catering/Brett Shuler

Kids' Salsa Recipe  
Competition

## INGREDIENTS:

- 2 tomatoes, chopped
- 1 onion, grilled and chopped
- ½ raw onion, roughly chopped
- 1 red bell pepper, roasted and chopped
- ½ red bell pepper, chopped
- 1 roasted jalapeño, seeds removed
- ½ jalapeño, seeds removed
- 2 Tablespoons olive oil
- 4 Tablespoons cilantro, chopped
- 4 Tablespoons lime juice
- Salt and pepper to taste

## DIRECTIONS:

1. To roast the 1 jalapeño pepper and 1 red bell pepper:
  - Preheat oven to 450° F.
  - Place whole peppers on sheet tray.
  - Roast for approximately 30 minutes, rotating every 5 minutes until skin is soft. Do not worry if sides are a little dark.
  - Remove from heat and let cool.
  - When cool, peel skin off.
  - Remove stem and seeds.
2. Combine all ingredients in a food processor and blend until desired consistency.
3. Eat and enjoy!

**Yield: 3 Cups**



# Tropical Flavor Eruption

GRANT AFTER SCHOOL

Restaurant/Chef: Café Nooner/Raph Pumphrey

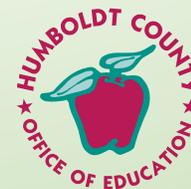
## Kids' Salsa Recipe Competition

### INGREDIENTS:

- 1 pineapple, cored
- 1 Italian sweet pepper, cut into two halves and seeded
- 1 cup green cabbage, finely shredded
- ½ cup red cabbage, finely shredded
- 1 Tablespoon red onion, diced
- 1 teaspoon jalapeño, seeded and diced
- ¼ cup plus 2 Tablespoons cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

### DIRECTIONS:

1. Dice ¾ of the pineapple (to make 1-½ cups) and ½ of the Italian sweet pepper (to make ¼ cup).
2. Char the remaining ¼ pineapple and ½ the Italian sweet pepper over an open flame until blackened.
3. Place the charred pineapple and sweet pepper in a bowl and cover with plastic wrap to sweat for 10 minutes.
4. Gently scrape off the blackened parts until mostly removed.
5. Roughly chop the charred pineapple and red pepper and then process in a food processor until pureed.
6. Combine the puree with the rest of the ingredients in a medium size bowl.
7. Gently stir to combine.
8. Adjust seasonings as needed.
9. Eat and enjoy!



# Alice B's Local Salsa

ALICE BIRNEY AFTER SCHOOL

Chef: Tony Piazza/Eureka City Schools Food Service

## Kids' Salsa Recipe Competition

### INGREDIENTS:

- 6 medium tomatoes
- 1 white onion
- 3 fresh jalapeño peppers
- 1 bunch cilantro
- 1 ear of corn cut from the cob
- 1 teaspoon finely chopped fresh garlic
- 1/8 teaspoon each cumin, chili powder and salt
- 1 teaspoon black pepper
- Juice from 1/2 a lime

### DIRECTIONS:

1. Finely chop 3 tomatoes, 1/2 the onion, 2 jalapeños and 1/2 a bunch of cilantro.
2. Using a blender or food processor, blend the other 3 tomatoes, 1/2 the onion, 1 jalapeño, and the remaining cilantro.
3. Combine the two mixtures together by gently folding them in a medium-size bowl.
4. Yummo!

**Yield: 2 1/2 Cups**



# Sunny Humboldt Salsa

BLUE LAKE AFTER SCHOOL

Restaurant/Chef: Blackberry Bramble BBQ/Alan Clark

Kids' Salsa Recipe  
Competition

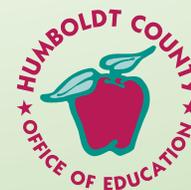
## INGREDIENTS:

- ½ cup tomato, diced
- 1 Tablespoon red onion, diced
- 1 Tablespoon red bell pepper, diced
- 3 Tablespoon green cabbage, finely diced
- 2 Tablespoons corn, cut off the cob
- 2 Tablespoons cilantro, chopped
- 1 Tablespoon mango, diced
- ½ teaspoon lemon juice
- 1 teaspoon lime juice
- 1 teaspoon veggie broth
- ½ teaspoon Blackberry Bramble and BBQ Spice Blend
- ¼ teaspoon black pepper

## DIRECTIONS:

1. Add all ingredients to a bowl.
2. Stir to combine.
3. Adjust seasoning as needed.
4. Eat and enjoy!

**Yield: 2 Cups**



# P.U. Pico

PACIFIC UNION SCHOOL

Restaurant/Chef: Eureka Natural Foods McKinleyville/Amber Ferguson

## Kids' Salsa Recipe Competition

### INGREDIENTS:

- 3 large tomatoes, diced
- 1/3 cup each diced red, yellow, and green bell pepper
- 1/4 cup diced red onion
- 2 Tablespoons of diced white onion
- 1/3 cup chopped cilantro
- 1/4 cup chopped parsley
- 1/2-1 jalapeño, seeded and finely diced
- Juice of 1 lime
- Juice of 1 lemon
- 3 teaspoons of minced garlic
- 1/4 teaspoon of cumin
- 1/4 teaspoon of Himalayan salt, or more to taste

### DIRECTIONS:

1. Mix all the ingredients together in a bowl
2. Add more jalapeño, salt, lime juice and lemon juice as needed until desired heat level and taste are reached.
3. Eat and enjoy!

**Yield: 3 ½ Cups**

