

Garden Sweet Salsa

FORTUNA MIDDLE AFTERSCHOOL

Restaurant/Chef: Dorris & Daughter Catering/Jeanne Dorris & Angi Caudill

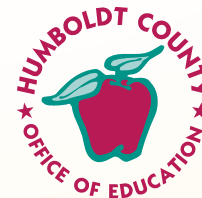
**Kids' Salsa Recipe
Competition**

INGREDIENTS:

- 2 cucumbers, seeded and finely chopped
- 1 small seedless watermelon, finely chopped
- 1 (16oz) container of fresh strawberries, finely chopped
- 1 yellow bell pepper, seeded and finely chopped
- 1 bunch cilantro, finely chopped
- 1 teaspoon salt
- 1 Tablespoon sugar
- 1 Tablespoon lime juice

DIRECTIONS:

1. Place all ingredients in a bowl.
2. Gently fold until combined.
3. Adjust seasonings as needed.
4. Eat and enjoy!



Golden Sunset Salsa

TODDY THOMAS MIDDLE SCHOOL

Restaurant/Chef: Miguel's/Miguel Paz

Kids' Salsa Recipe Competition

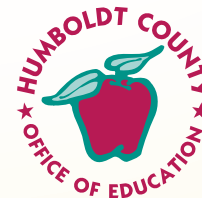
INGREDIENTS:

- ½ cup of onion, diced
- 1 ½ cup mixture of yellow and red bell pepper, diced
- 1 ½ cup of mango, diced
- 1 cup fresh pineapple, diced
- ¼ cup cilantro, chopped
- 1 ½ teaspoons chipotle pepper
- 1 ½ Tablespoon fresh lime juice
- 2 Tablespoons olive oil
- Salt and pepper to taste

Yield: 2½ Cups

DIRECTIONS:

1. Heat olive oil in a sauté pan. Add onion and sauté until translucent.
2. Add bell peppers and cook for 3 minutes. Sprinkle with salt and pepper.
3. Add mango and pineapple and cook for another 3 minutes.
4. Add lime juice.
5. Pour ingredients into food processor.
6. Add cilantro and chipotle pepper.
7. Blend until desired consistency.
8. Season with additional salt and pepper as needed.
9. Eat and enjoy!



Roasted Harvest Salsa

SOUTH FORTUNA AFTERSCHOOL

Restaurant/Chef: Double D Steak/Jeff Dunker

Kids' Salsa Recipe Competition

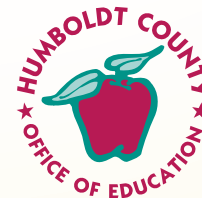
INGREDIENTS:

- 2 large apples, diced
- 5 medium tomatoes, quartered
- 5 small carrots, diced
- 5 cloves of garlic
- 1 bunch of cilantro, chopped
- 1 medium onion, diced
- 2 Tablespoons olive oil
- 1 Tablespoon salt
- ½ Tablespoon pepper

Yield: 3 Cups

DIRECTIONS:

1. Place tomatoes, apples, carrots, and garlic cloves on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to combine.
2. Roast in the oven at 400° F until tender and fragrant, approximately 20 minutes.
3. Place all ingredients in a food processor and blend to desired consistency.
4. Eat and enjoy!



Savory Apple Salsa

CUDDEBACK AFTERSCHOOL

Restaurant/Chef: Nourish Bistro Catering/Jenna Long

Kids' Salsa Recipe
Competition

INGREDIENTS:

- 2 cups Roma tomatoes, seeded and chopped
- 1 cup Granny Smith apple, chopped
- 1/2 cup pickled carrots and fresh corn**
- 1/4 cup red pepper, seeded and chopped
- 1/4 cup onion, diced
- 1/4 cup cilantro, chopped
- Juice of 2 limes
- Salt and pepper to taste

Yield: Approx. 4 Cups

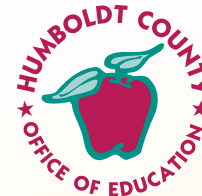
DIRECTIONS:

1. Add all ingredients to a food processor.
2. Blend until you get the desired consistency.
3. Adjust seasoning as needed.
4. Eat and enjoy!

**TO PICKLE THE CARROTS AND CORN:

Place 1/2 cup vinegar and 1/2 cup water, 2-3 Tablespoons sugar, 2 teaspoons black peppercorns, and a sprinkle of the following herbs: celery salt, chili powder, ground mustard, and ground cumin into a saucepan. Bring it all to a boil then turn off heat.

Meanwhile, slice carrots thin and cut the corn fresh off the cob. Boil in straight water until carrots are softened. Strain and set in a medium bowl. Pour vinegar mixture over carrots and corn and set in the refrigerator or freezer to cool. Once cooled, add 1/2 packed cup of the mix to the recipe.



Scrumptious Tropical Salsa

AMBROSINI AFTERSCHOOL

Restaurant/Chef: Eel River Brewing Company/Dave Bourne

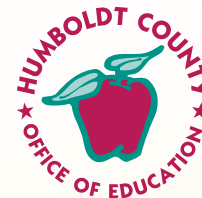
**Kids' Salsa Recipe
Competition**

INGREDIENTS:

- ¼ cup pineapple, finely chopped
- ¼ cup strawberries, finely chopped
- ¼ cup peaches, finely chopped
- ¼ cup mango, finely chopped
- ¼ cup papaya, finely chopped
- ¼ cup cantaloupe, finely chopped
- ¼ cup honeydew melon, finely chopped
- ¼ cup tomatoes, seeded and finely chopped
- ¼ cup Maraschino cherries, finely chopped
- 1 Tablespoon jalapeño, seeded and finely diced
- ¼ teaspoon ginger, peeled and finely chopped
- 2 Tablespoons cilantro, chopped
- ¼ cup cherry juice
- 1 cup apple juice
- 1 Tablespoon pineapple juice
- 1 pinch cinnamon
- Salt to taste

DIRECTIONS:

1. Place all ingredients in a bowl.
2. Fold with a spatula until combined.
3. Adjust seasonings to taste.
4. Eat and enjoy!



Sunny Rainbow Salsa

HYDESVILLE SCHOOL

Chef: Tina Anaya/Hydesville School Food Service

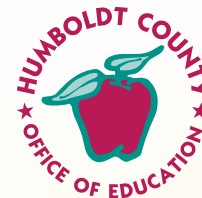
Kids' Salsa Recipe Competition

INGREDIENTS:

- ½ cup strawberries, finely chopped
- ½ cup mango, finely chopped
- ¼ cup cantaloupe, finely chopped
- 1 ½ Tablespoons carrots, finely chopped
- 1 ½ Tablespoons red pepper, seeded and finely chopped
- 1 Tablespoon cilantro, chopped
- 1 Tablespoon lime juice
- ½ teaspoon sugar
- 1 teaspoon salt

DIRECTIONS:

1. Place all ingredients in a bowl.
2. Mix with a spatula until combined.
3. Adjust seasonings as needed.
4. Eat and enjoy!



Supercalifragilisticexpialidocious Salsa

EAGLE PRAIRIE AFTERSCHOOL

Chefs: Katrina & Karen Parlato

Kids' Salsa Recipe Competition

INGREDIENTS:

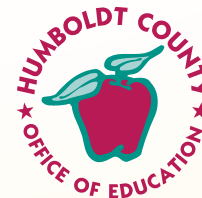
- 2 large ripe tomatoes, cored, seeded and diced
- 1/3 cup red onion, finely diced
- 2 roasted bell peppers, mix of colors, diced**
- 1 garlic clove, minced
- 1/2-1 jalapeño (seeds removed), diced
- 1 1/2 Tablespoons cilantro, chopped finely
- Juice of one lime
- 1/2 apple, diced
- 2 Tablespoons extra-virgin olive
- Kosher salt to taste

DIRECTIONS:

1. Mix all ingredients in a bowl using a spatula.
2. Adjust seasoning as needed and desired.
3. Eat and enjoy!

**TO ROAST PEPPERS:

1. Preheat oven to 450° F.
2. Place whole peppers on sheet tray.
3. Roast for approximately 30 minutes, rotating every 5 minutes until skin is soft. Do not worry if sides are a little dark.
4. Remove from heat and let cool.
5. When able to handle, peel skin off.
6. Remove stem and seeds.



Perfectly Peppered Salsa

LOLETA SCHOOL

Restaurant/Chef: Rivers Edge/Greg McChristian

Kids' Salsa Recipe
Competition

INGREDIENTS:

- 1 cup Roma tomatoes, seeded and diced
- ½ cup diced white onion
- ¼ cup yellow bell pepper, diced
- ¼ cup peeled cucumber, seeded and diced
- 2 tablespoons cilantro leaves, diced
- ¼ teaspoon 7-pepper blend
- 1 teaspoon garlic, diced
- Juice of ½ lemon
- Juice of 1 lime
- ¼ serrano pepper (with seeds), diced
- 2 ounces tomato juice
- Salt and pepper to taste

DIRECTIONS:

1. Add all ingredients to a bowl.
2. Toss well to combine.
3. Season to taste.
4. Eat and enjoy!

