

Fruit and Veggie Salsa

- | | |
|--|---|
| 1 cup diced tomato (fresh or canned) | ¼ cup finely diced red onion |
| 1 cup canned black beans, rinsed and drained | 1 Tablespoon chopped fresh cilantro, parsley, or a combination of the two |
| 1 cup canned pineapple tidbits, drained | 1 jalapeno |
| ½ cup diced orange or yellow bell pepper | ½ teaspoon salt, or to taste |

Directions

1. Wash jalapeno. Wearing disposable gloves, slice open, remove and discard seeds. Finely dice jalapeno and place in a medium mixing bowl.
2. Add remaining ingredients and stir well.
3. Refrigerate for at least half an hour before serving to allow flavors to blend.

Serve with Baked Tortilla Chips (see recipe below) or your favorite tortilla chips. Makes about 3 ½ cups.

Baked Tortilla Chips

- 2 tablespoons olive or canola oil
- Salt, to taste
- 6 corn tortillas

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Prepare a cookie sheet by cutting a piece of parchment paper to fit.
3. Brush both sides of each corn tortilla with oil and stack on top of each other.
4. Using a pizza cutter or knife, cut stack into 6 triangles.
5. Spread tortilla pieces on cookie sheet so they do not overlap. Sprinkle with salt.
6. Bake for 10 minutes. Flip over each chip using a spatula or tongs and continue to bake for about 3-5 minutes (or until crisp).
7. Check them frequently as they can quickly burn once cooked.
8. Allow to cool and serve.

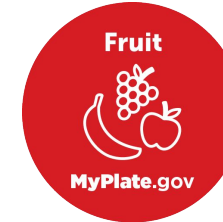
Serve with your favorite salsa, guacamole or other dip. Makes 36 chips.

Recipe Scavenger Hunt

(Snack Edition)

Today's snack is homemade salsa and chips!

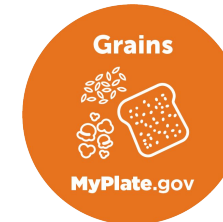
Let's breakdown the ingredients into the 5 food groups. Remember, our daily goal is to eat a variety of nutritious foods from all food groups.



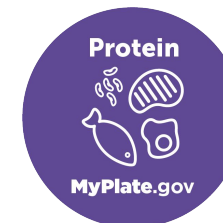
List all fruits:



List all vegetables:



List all grains:



List all protein foods:



List all dairy foods:

What food group is missing from this snack?

What can you do to add this missing group?