

# What You Will Need

## Equipment:

- Mixing bowl
- Strainer
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Can opener
- Spoon

## Ingredients:

- Canned or fresh corn
- Canned black beans
- Fresh tomatoes
- Onion
- Green pepper
- Lime juice
- Garlic cloves
- Picante sauce
- Cilantro

## Other Possible Activities:

### Salsa Dancing!

Ask children to find a partner and learn the steps to a new Latin dance.

### Making Salsa

Have children form a large circle and tell them they are going to make salsa by mixing lots of different vegetables together.

Remind them of names of vegetables by holding up food models or pictures of different vegetables.

Have the circle of children walk quickly clockwise until the leader says “salsa”. Call out a child’s name, have him name a vegetable in salsa and then step into the center of the circle and hop up and down to chop the vegetable. Keep calling out children’s names until everyone is in the center and there is no circle. Then have the children wiggle around to mix up the salsa before putting all the veggies in a pretend bowl and sitting down.



# Pablo's Salsa

Serves 8

## Ingredients:

1/2 cup corn, fresh cooked or frozen  
1 can (15 ounce) black beans, drained and rinsed  
1 cup fresh tomatoes, diced  
1/2 cup onion, diced  
1/2 cup green pepper, diced  
2 tablespoons lime juice  
2 cloves garlic, finely chopped  
1/2 cup picante sauce  
1/4 cup chopped cilantro, optional



## Directions:

1. Remember to wash hands.
2. Combine all ingredients in a large bowl. Chill until serving time.
3. Drain before serving.
4. Serve with low fat baked tortilla chips or fresh vegetables.

**Nutrition Facts:** One 1/2 cup serving provides 70 calories, .5mg total fat, 0mg cholesterol, 230mg sodium, 13g total carbohydrate, 4g protein, 30% vitamin C

# Tortilla Triangles

Serves 6, 4 pieces each

## Ingredients:

6 (6-inch) flour or corn tortillas  
1/2 teaspoon salt

## Directions:

1. Remember to wash hands.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.



**Nutrition Facts:** One serving (4 pieces) provides 100 calories, 2.5mg total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate, 3g protein

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