

BUILD YOUR OWN SALSA



Salsa is a fun and easy way to create something new with the fruits and vegetables you have on hand! Choose your ingredients and follow the directions for a snack.

VEGETABLES

1 cup to 2 cups chopped, fresh or frozen

- Tomatoes
- Onions, white or red
- Avocado
- Bell pepper

Canned, no salt added, drained & rinsed

- Corn
- Beans
- Chiles, spicy or smoky

FRUIT

1 cup to 2 cups chopped, fresh or frozen

- Mango
- Strawberries
- Watermelon

Canned, in 100% juice, drained & rinsed

- Pineapple
- Peaches
- Pears

FLAVORINGS

- 1 teaspoon garlic powder or 1 tablespoon minced garlic
- 3 tablespoons of lemon or lime juice
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1/4 cup of cilantro

Instructions

1. DRAIN AND RINSE VEGGIES



Open can and thoroughly rinse vegetables.

2. CHOP VEGGIES



Dice chosen veggies into small bite size pieces.

3. CHOP FRUIT



Dice chosen fruit into small bite size pieces.

4. ADD TO BOWL



Mix fruit and vegetables in a bowl.

5. CHOOSE FLAVORINGS



Pick your favorite flavorings and add them to your fruit and vegetable mixture.

6. MIX AND ENJOY!



Combine all together and serve with tortilla chips! Add to your favorite salads and casseroles for an exciting twist!

Try These Combos

Summer Salsa

1-2 cups of chopped tomatoes + 1 cup of chopped red onion + 1 cup of chopped pineapple + 1 cup of chopped strawberries + 3 tablespoons of lime juice + 1/4 cup of cilantro + 1 teaspoon each of salt and pepper.

Cowboy Caviar

1-2 cups of chopped tomatoes + 1 cup of chopped avocado + 1 cup of chopped red onion + 1 cup of drained and rinsed black beans + 1 cup of corn + 1 cup of chopped bell pepper + 3 tablespoons of lime juice + 1 tablespoon of garlic powder.

Spicy and Sweet

1 cup of chopped white onion + 1 cup of chopped mango + 1 cup of chopped peaches + 1/2 cup of chopped jalapeño + 1/4 cup of cilantro + 3 tablespoons lime juice + 1 teaspoon of salt.