

the creative kitchen®

Fruit Salsa

Equipment:

- Adult cutting board
- Adult knife
- Children's cutting board (The Creative Kitchen suggests a small cutting board or reusable plastic or paper plate), 1 per child
- Children's knife (The Creative Kitchen suggests a plastic knife for younger children, while older children may be able to use a sharper knife), 1 per child
- Large mixing bowl (The Creative Kitchen suggests individual, sealable plastic sandwich bags if individual portions are preferred - whether for hygiene or simply because little chefs enjoy creating their own!)
- Mixing spoon

Ingredients:

- 3-4 small tomatoes (or 1 pint grape tomatoes), washed
- Approximately 3 cups whole strawberries (or any other favorite and/or available fruit), washed
- 1 cucumber, washed
- 1 red onion, optional
- 2 bell peppers, washed, different colors if possible
- 1 15.5-ounce can black beans (or any other favorite and/or available bean), drained and rinsed
- 1 8-ounce package frozen corn, defrosted
- 2 limes
- 1 bunch fresh cilantro, optional
- Olive oil, to taste
- Salt and pepper, to taste
- Corn tortilla chips, for serving

Notes:

- Some of The Creative Kitchen's favorite strawberry substitutes include mango, pineapple, peach, and apple.
- If fresh fruit is unavailable, frozen is the second choice and canned the third.
- Substitute red onion with scallion if preferred, desired, and available.
- If frozen corn is unavailable, fresh or canned may be used.
- The Creative Kitchen's favorite cilantro substitute is dill, fresh or dried.
- Corn tortilla chips may be substituted for matzo, tortillas or available crackers.
- Hungry for more than a snack? This salsa may be served with a quesadilla or on top baked or grilled meat or fish.

