

Sticky Fingers Cooking®



Kid-Invented Salsa

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 8

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

Equipment

- Cutting board
- Kid-safe knife (a butter knife works great)
- Dry measuring cups
- Measuring spoons
- Large mixing bowl
- Citrus squeezer (optional)
- Wooden spoon

Ingredients

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- 1 to 2 limes
- 1/2 tsp salt, or to taste
- 1/4 tsp chili powder, or to taste **** (for NIGHTSHADE ALLERGY sub ground cumin)****
- Kids choose 5 of the following:
 - 3 green onions
 - 1 C corn kernels, fresh or frozen (thawed)
 - 1 tomato **** (for NIGHTSHADE ALLERGY sub 1 peach or 1/2 mango)****
 - 1 cucumber
 - 2 tomatillos **** (Omit for NIGHTSHADE ALLERGY)****
 - 1 red, yellow, or orange bell pepper **** (Omit for NIGHTSHADE ALLERGY)****
 - 1/2 jicama (peeled by an adult)
 - 1/4 C pomegranate seeds
 - 1 avocado
 - 1 handful fresh cilantro
 - 1 tsp dried oregano

Food Allergen Substitutions

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Nightshade: Substitute ground cumin for chili powder. For 1 tomato, substitute 1 peach or 1/2 mango. Omit tomatillos and bell pepper from veggie selection.

Instructions

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intro

Kids' creativity is the focus this week. Kid chefs will be making salsa with the ingredients they like best.

chop + measure

Chop, slice, tear, mash, or measure the five ingredients your child chose for their salsa: **3 green onions,**

1 cup corn kernels, 2 tomatoes, 1 cucumber, 2 tomatillos, 1 bell pepper, 1/2 jicama (peeled by an adult), **1/4 cup pomegranate seeds, 1 avocado, 1 handful of fresh cilantro,** and **1 teaspoon dried oregano.**

squeeze + mix + taste

Transfer all of the prepared ingredients above into a large mixing bowl. Squeeze the juice of **1 to 2 limes** into the bowl. Add **1/2 teaspoon salt** and **1/4 teaspoon chili powder** to the mixing bowl. Mix carefully with a wooden spoon until the salsa is combined. Taste and add more salt or chili powder if necessary.