

# Kids Food Festival

## Fresh, Flavorful & Fun Salsa

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[www.kidsfoodfestival.com](http://www.kidsfoodfestival.com)

### Ingredients:

4 tomatoes	1 8-ounce can corn
1 cup strawberries	1 cup fresh cilantro leaves
1 mango	2 limes
2 kiwifruit	olive oil, to taste
1 seedless cucumber	salt and pepper, to taste
2 different colored bell peppers	chips (baked chips for a healthier option)
1 15.5-ounce can cannellini beans	

### Directions:

- 1 Dice tomatoes, strawberries, mango, kiwifruit, cucumber, and peppers and place in a medium mixing bowl.
- 2 Add beans and corn to the bowl and stir together.
- 3 Tear or chop cilantro leaves and add to the bowl.
- 4 Dress salsa with lime juice, olive oil, salt, and pepper, to taste. Mix well and eat with chips!

### Bite-Sized Tips:

- **Hands-On Helping:** Kids can help cut fruits and vegetables with a kid-friendly safety knife.
- **Include the Whole Family:** Even the youngest helpers can wash the produce and tear the fresh herbs.
- **Balance is Best:** For great guidelines, Choose **MyPlate.gov**.
- **Make Smart Food Choices:** Ask kids to pick three favorite fruits instead of fruits listed above! Vote on a bean variety instead of white beans. Have the family choose between cilantro and mint.



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