

Assorted Kid-In-Vented Fruity and Vegetable Salsas + Jazzed Up Savory Chips + Surprisingly Sweet Chips + Frosty Coconut Limeade



assorted kid-in-vented fruity and vegetable salsas + jazzed up savory and sweet chips

chop + slice + mash

Have kids choose the ingredients they'd like in their salsas. Make one sweet and one savory! For fruit salsa, choose 3-5 fruits between **banana, mango, pineapple, peach, blueberries, apple, raspberries**, or **plums**! Chop or slice up the fruits to equal sizes. Kids can also mash their fruit to make a smoother salsa. Do the same with vegetables: choose between **tomatoes, cucumber, zucchini, avocado, tomatillos, corn**, and **bell pepper**!

season + mix

Season the fruit salsa with a **pinch of sugar**, **squeeze of lime**, and **pinch of cinnamon**! Season the vegetable salsa with a **pinch of salt**, **squeeze of lime**, and **chile powder**! Mix each salsa and set aside while you warm and season your chips!

season + shake + warm

Preheat oven to 300 degrees. Mix together **2 T sugar** with **2 tsp cinnamon**. Add half a bag of **corn tortilla chips** to a **gallon-sized Ziplock bag** and season the chips with the cinnamon sugar. Measure and add **2 T olive oil** to the bag, then seal and shake until chips are coated! Spread chips on a baking sheet and warm in the oven for 10-15 minutes.

Family Fun Recipes

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Then, add the last half of the corn tortilla chips to a separate gallon-sized Ziplock bag and season them with a mixture of **1 T salt + 2 tsp chile powder**, a **squeeze of lime**, and **2 T olive oil**. Seal the bag and shake until chips are coated! Warm the chips on a baking sheet like you did with the sweet chips.

Serve warm, seasoned chips with **Fruity and Vegetable Salsas** and **Frosty Coconut Limeade!**

frosty coconut limeade

zest + squeeze + add + blend

Zest one lime. Then squeeze the juice from **3-4 limes** into a blender. Add **1 can full-fat coconut milk**, **2 C ice**, and **1/4 C ice**. Blend until smooth and thick! Pour into cups and top each cup with lime zest. **SALUD!** (cheers in Spanish!)

::continued::



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shopping list!

Assorted Kid-In-Vented Salsas

- 1-2 limes
- 3 scallions OR 1 small shallot
- Choose 3-5 veggies from these: corn, cherry tomatoes, cucumber, tomatillos, bell pepper, zucchini, avocado
- 1 bag corn tortilla chips
- Choose 3-5 fruits from these: peaches, pineapple, banana, strawberries, blueberries, raspberries, plums, mango, apple
- Salt and sugar to taste
- Cinnamon and chile powder to taste
- 2 gallon-sized Ziplock bags
- 1/4 C extra virgin olive oil

Frosty Coconut Limeade

- 3-4 limes
- 1/4 C sugar
- 1 can full-fat coconut milk
- 2 C ice

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Cooking off the Cuff!

Have kid chefs choose their salsa ingredients for a savory and a sweet salsa! Let them choose how they're going to season their salsas - lime? Salt? Sugar? Cinnamon? Chile powder? Also: encourage them to decide how they want their salsa to look. Chunky or blended or mashed? By giving kids creative liberty in the kitchen within a boundary of ingredients, they learn to explore and trust in their own ability to create delicious food!

Tools used in this recipe: Kid-friendly knives, cutting boards, hands, blender

Surprise Ingredient Facts + To Be a Kid in Mexico:

In the days of the early settlers to North America corn was so valuable that it was used as money and traded for other products such as meat and furs. Native Americans ate corn, also known as maize, at nearly every meal. Maize came in different beautiful varieties and might have had red, blue, white, or yellow kernels. Corn was a hearty crop - it could be easily stored and preserved during the cold months of winter. Dried corn could be stored for later use.

Native Americans also used the husks from corn, which they would braid into rugs, masks, sleeping mats, baskets, cornhusk dolls, and even shoes.

Corn chips are made with masa. Masa is corn that's been soaked in a lime solution, and then ground down to flour.

It is mandatory for kids to attend elementary school in Mexico. Many children are home-schooled, especially in rural parts of Mexico.

15% of children in Mexico are working by the time they are 12 years old.

Children in Mexico often live with extended family - cousins, grandparents, aunts, and uncles.

Children have two last names! Their father's last name is the first part, and their mother's last name is the second part.

Time for a laugh!

Why didn't anyone laugh at the gardener's jokes? **Because they were too corny!**

Why shouldn't you tell a secret on a farm? **Because the potatoes have eyes, the corn has ears, and the beans stalk.**

What does corn get when you leave it in the barn too long? **COB webs!**

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