

CHEF & CHILD FOUNDATION RECIPE COLLECTION

HOMEMADE SALSA

Pinellas County Steps for a Healthier Florida, Pinellas Teen Cuisine Program

SERVINGS PER RECIPE: 6

SERVING SIZE: 1/2 cup



ORIGINAL RECIPE

Ingredients:

- 1 cup fresh tomatoes, diced
- 1/2 cup onion, diced
- 2 tablespoon fresh lime juice
- 1/2 cup corn kernels, fresh or frozen
- 1 tablespoon chopped jalapeño
- 2 cloves fresh garlic, minced

DIRECTIONS:

1. Combine all of the above ingredients. Serve with low-fat baked tortilla (corn) chips, or fresh veggies.

ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 25
Total Fat (g): 0
Saturated Fat (g): 0
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 0
Carbohydrate (g): 6
Dietary Fiber (g): 1
Sugars (g): 2
Protein (g): 1
Vitamin A: 6%
Calcium: 0%
Vitamin C: 15%
Iron: 2%

THINGS TO CONSIDER:

- Pureeing ingredients together to give a saucy, more combined texture.
- The recipe fits into nutritional criteria for children and could be accounted for as a snack or appetizer.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

