

Sticky Fingers Cooking®



Kid-Invented Salsa

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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!

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

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

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.

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

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.

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.

Featured Ingredient: Chili Powder!

Hi! I'm Chili Powder!

"I'm a spice made from ground dried red chili peppers! I bring a depth of flavor and color along with a bit of heat to a dish!"

Red chili peppers are used for chili powder. Chili pepper varieties include Aleppo, ancho, cayenne, chipotle, jalapeño, and others. Some of these are more familiar as being green chilis. Although they may start out green, they will eventually turn red as they ripen.

The chili powder you buy in the store is often a spice blend that includes cumin, onion, garlic, and salt. It may also be called "chili seasoning mix."

Chili powder is used in North American, Latin American, and Asian cuisine to add flavor and heat to dishes. It is the main flavor ingredient for chili con carne and is added to meat, vegetables, or sauces for enchiladas, fajitas, and tacos. It is also used as a rub or marinade for meat.

In Korean cuisine, "gochugaru," or Korean chili powder, is made from Korean chili peppers or Cheongyang peppers. Indian cuisine uses chili powder made from Kashmiri red chilis.

The capsaicin in chili peppers has anti-inflammatory properties. Vitamins A and C, iron, and potassium are found in chili powder.

Chili peppers and chili powder can cause digestive upset for some people, and eating too much of them may cause adverse effects.