

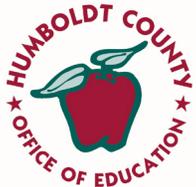
REDWOOD PREP CHARTER SCHOOL

River's Edge

CHEF: Gregory McChristian



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Kids' Salsa Recipe Competition

DANCING PINEAPPLE SALSA

INGREDIENTS:

2 cups pineapple, roasted, cored and diced	2 Tbsp. garlic, minced
2 tsp. jalapeño, roasted, seeded and diced	1 cup green heirloom tomatoes, diced
1/4 cup orange bell pepper, seeded and diced	4 tsp. cilantro, chopped
1/4 cup red onion, diced	Juice of one lime
	Salt and pepper to taste

DIRECTIONS:

1. Roasting instructions: Roast peeled pineapple and whole jalapeno on open flame or BBQ. When jalapeno is blistered and dark, peel skin off the pepper, scrape out seeds, and dice.
2. Place all ingredients in a medium size bowl and mix.
3. Remove half of the batch and blend in a food processor or blender to a medium chop consistency. Then, combine both mixes and gently stir.
4. Serve and enjoy!

Yield: Approximately 6 Cups

RIO DELL AFTERSCHOOL

Restaurant 36

CHEF: Jeff Paul



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Kids' Salsa Recipe Competition

THE INCREDIBLE PANTHERS BACKYARD SALSA

INGREDIENTS:

1 cup English cucumber, quartered and sliced	1 Tbsp. red onion, finely diced
1 cup radish, quartered and sliced	2 Tbsp. cilantro, finely chopped
1/2 jalapeño, seeded and finely diced	Juice of 1/2 a lime
1/4 orange bell pepper, diced	Juice of 1/2 a lemon
1/2 medium size yellow tomato, diced	Dash of cayenne and cumin
	Salt to taste

DIRECTIONS:

1. Place all ingredients in medium size bowl.
2. Fold ingredients together.
3. Adjust seasonings as needed.
4. Serve and enjoy!

Yield: Approximately 2 1/2 Cups

TODDY THOMAS AFTERSCHOOL

Arcata High School
Culinary Arts Program
CHEF: Neil Kalson



HUMBOLDT COUNTY OFFICE OF EDUCATION
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Kids' Salsa Recipe Competition

JUICY FRUIT SALSA

INGREDIENTS:

1/2 peach, diced	2 Tbsp. red onion, finely diced
1/2 cup tomato, diced	2 Tbsp. cilantro, finely chopped
1/4 cup apple, diced	2 tsp. lemon juice
1/4 cup fresh corn	1 tsp. garlic, minced
1/4 cup avocado, diced	Salt and pepper to taste
1/4 red bell pepper, diced	
2 Tbsp. jalapeño, minced	

DIRECTIONS:

1. Place all ingredients in a medium size bowl.
2. Fold ingredients together.
3. Adjust seasonings as needed.
4. Serve and enjoy!

Yield: Approximately 2 Cups

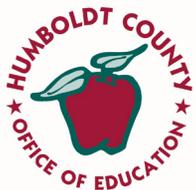
FORTUNA MIDDLE AFTERSCHOOL

Ridgetop Cafe

CHEF: Aracely Chavez



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Kids' Salsa Recipe Competition

MILDLY DELICIOUS SALSA

INGREDIENTS:

- 4 medium size tomatoes
- 1 small jalapeño
- 1 small onion, diced
- 2 garlic cloves, minced
- 1/2 cup cilantro, chopped

DIRECTIONS:

1. Place tomatoes and jalapeño in a pan on stovetop and cook until charred.
2. Place tomatoes, half of the jalapeño, onions and garlic in a blender and blend on medium speed. Taste for desired level of heat. Add more jalapeño if needed and blend.
3. Pour blended mixture into a medium bowl.
4. Stir in cilantro.
5. Serve and enjoy!

Yield: Approximately 3 Cups

AMBROSINI AFTERSCHOOL

Taco Loco

CHEFS: Juan and Lupe
Ramirez



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Kids' Salsa Recipe Competition

SALSA LOCO

INGREDIENTS:

1 cup of red cabbage, sliced	1/2 cup cilantro, chopped
3/4 cup green apple, diced	1 medium mango, cubed
1/2 cup jicama, diced	1 Tbsp. Honey
1/3 cup black beans, rinsed and drained	3-5 dried Japonese peppers, roasted
1/2 small jalapeño, finely diced	1/2 lime, juiced

DIRECTIONS:

1. Combine cabbage, apple, jicama, black beans, jalapeño and cilantro in a medium size bowl.
2. Place mango, honey and three roasted Japonese peppers in a blender. Blend on medium speed. Taste for desired level of heat. Add more roasted Japonese peppers if needed and blend.
3. Pour blended mixture over salsa ingredients and stir to combine. Mix in lime juice.
4. Serve and enjoy!

Yield: Approximately 3 Cups

SCOTIA AFTERSCHOOL

Restaurant 36

CHEF: Justin Paine



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Kids' Salsa Recipe Competition

SALSAREENA

INGREDIENTS:

1/2 cup carrots, chopped	1/2 tsp. pepper
2/3 cup strawberries, chopped	1/3 cup cider vinegar
1/4 cup onion, chopped	1/2 Tbsp. sugar
1 cup tomatoes, chopped	pinch sundried tomato salt
1/2 cup apples, chopped	sriracha sauce
pinch cilantro	fresh lime juice
small pinch basil	jalapeño pepper (to taste)
2 cloves garlic	black salt
1/2 cup watermelon, chopped	

DIRECTIONS:

1. Blend all ingredients in a blender until desired consistency.
2. Adjust seasonings as needed.
3. Serve and enjoy!

Yield: Approximately 2 Cups

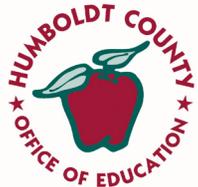
CUUDEBACK AFTER SCHOOL

Nourish Bistro and
Catering

CHEF: Jenna Long



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Kids' Salsa Recipe Competition

SLUMBER PARTY SALSA

INGREDIENTS:

3 tomatillos	2 Tbsp red onion
1/2 apple, chopped	1 Tbsp. Asian pear, diced
1 jalapeño, seeded and cut into strips	2 Tbsp. cilantro
1/4 cup carrot, chopped	1 clove garlic
1/8 cup green zucchini, peeled and chopped	1 Tbsp. white vinegar
1/8 cup yellow squash, chopped	dash of chili pepper, ground mustard, cumin, and black pepper
	Salt to taste

DIRECTIONS:

1. Place tomatillos, apple, and jalapeno on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to combine. Roast in oven at 400 °F until tender and fragrant, approximately 20 minutes. Let cool.
2. Blend all ingredients in a food processor to desired consistency. Adjust seasonings as needed.
3. Serve and enjoy!

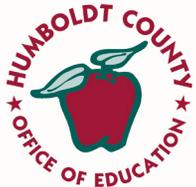
Yield: Approximately 2 1/2 Cups

SOUTH FORTUNA ELEMENTARY SCHOOL

Double D Steakhouse
CHEF: Jeff Dunker



HUMBOLDT COUNTY OFFICE OF EDUCATION
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Kids' Salsa Recipe Competition

SWEET STARS SALSA

INGREDIENTS:

2 large carrots	6 tomatoes
2 jalapeños	1/2 head cabbage
2 pears	1 bunch cilantro leaves
1 mango	juice of 3 limes and 1 lemon
1 red onion	2 tsp. salt
4 bell peppers, mixed red and green	1 tsp. pepper
1 head garlic, cloves whole	1 tsp. cumin

DIRECTIONS:

1. For first 7 ingredients: cut all in half and grill, beginning with carrots.
2. Cut tomatoes and cabbage into small pieces and cook on stove until soft.
3. Blend grilled and cooked ingredients in food processor. Add cilantro, lime and lemon juice, salt, pepper, and cumin, and blend well again.
4. Serve and enjoy!

Yield: Approximately 6 Cups

HYDESVILLE ELEMENTARY SCHOOL

School Food Service

CHEF: Lindsay Henderson



HUMBOLDT COUNTY OFFICE OF EDUCATION
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Kids' Salsa Recipe Competition

TROPICAL WILDCAT SALSA

INGREDIENTS:

1/2 cup pineapple, diced	1 Tbsp. red onion, diced
1/2 cup apple, diced	1 packed Tbsp. cilantro, finely chopped
1/2 cup cucumber, peeled and diced	Juice of 1/2 lime
1/4 cup red bell pepper, diced	Drizzle of olive oil
1 Tbsp. jalapeño, seeded and diced	Salt to taste

DIRECTIONS:

1. Place all ingredients in medium size bowl.
2. Fold ingredients together.
3. Adjust seasonings as needed.
4. Serve and enjoy!

Yield: Approximately 2 Cups