

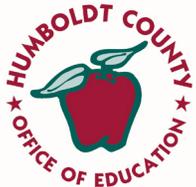
# REDWOOD PREP CHARTER SCHOOL

River's Edge

CHEF: Gregory McChristian



HUMBOLDT COUNTY OFFICE OF EDUCATION  
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## 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**

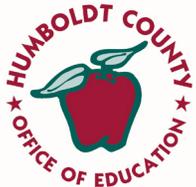
# RIO DELL AFTERSCHOOL

Restaurant 36

CHEF: Jeff Paul



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## 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



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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**

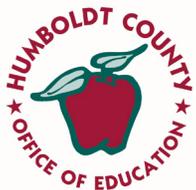
# FORTUNA MIDDLE AFTERSCHOOL

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



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## 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**

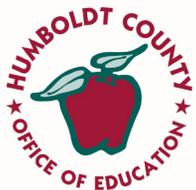
# SCOTIA AFTERSCHOOL

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**

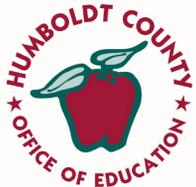
# CUUDEBACK AFTER SCHOOL

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!

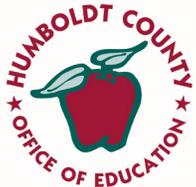
**Yield: Approximately 2 1/2 Cups**

# SOUTH FORTUNA ELEMENTARY SCHOOL

Double D Steakhouse  
CHEF: Jeff Dunker



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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



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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**