

# Green-Eyed Monster Salsa

Alice Birney Afterschool

Chef: Tony Piazza, Eureka City Schools Food Service

## INGREDIENTS: Locally Grown\*

- 1/3 cup jicama, diced
- ½ cup Roma tomatoes\*, diced
- ¼ cup tomatillos\*, diced
- ¼ cup Anaheim pepper\*, diced
- 1 Tablespoon plus 2 teaspoons jalapeno pepper\*, minced
- ¼ cup avocado, cubed
- 2 Tablespoons cilantro\*, chopped
- 2 teaspoon sugar
- 2 limes, juiced
- Pinch of cumin
- Pinch of cinnamon
- Pinch of chili powder
- Pinch of black pepper
- Salt to taste

## DIRECTIONS:

1. In a small bowl, mix juice of one lime with 2 teaspoons sugar until dissolved. Add jicama and mix. Set aside.
2. Prep remaining vegetables.
3. Place tomatoes, tomatillos, avocado, Anaheim pepper and jalapeno peppers in a bowl and mix until combined.
4. Add juice of other lime and mix.
5. Add the jicama and marinade, then gently stir.
6. Add spices and cilantro, then mix.
7. Salt to taste.
8. Serve and Enjoy!

*Yield: 1 1/2 cups*



# Pineapple Paradise

Arcata Afterschool

Restaurant/Chef: Abruzzi/Josh Wiley

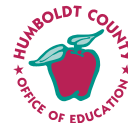
## INGREDIENTS: Locally Grown\*

- 1 pineapple, cored & diced
- 1/3 cup yellow bell pepper\*, diced
- 1/3 cup cilantro\*, chopped
- ¼ cup nectarines, diced
- 1/3 cup heirloom tomatoes\*, diced
- 1 jalapeno\*, diced
- ¼ cup pomegranate seeds
- ¼ cup red onion\*, diced
- 1 small clove garlic\*, minced
- 1 Tablespoon fresh lemon juice
- Salt and pepper to taste
- Dash of cumin

## DIRECTIONS:

1. Combine all ingredients into a medium size bowl.
2. Gently mix to combine.
3. Make a day in advance for best flavor.
4. Serve and enjoy!

*Yield: 3 cups*



# Rainbow Mustang Salsa

**Blue Lake Afterschool**

**Restaurant/Chef: Blackberry Bramble BBQ/Alan Clark**

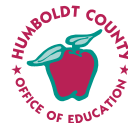
## **INGREDIENTS: Locally Grown\***

- Juice of 1 lime
- ½ cup tomato juice (separated from a can of peeled whole tomatoes)
- ¼ red onion\*, chopped
- ¼ cup cilantro\*, chopped
- 1 teaspoon garlic\*, minced
- ¼ cup fresh red tomatoes\*, diced
- 2 whole peeled canned tomatoes (separated from the juice in the can)
- 3 teaspoons pickled jalapeno, diced
- 1 Tablespoon yellow bell pepper\*, diced
- 1 ½ Tablespoons pear\*, diced
- 1 Tablespoon purple cabbage\*, chopped
- 1 teaspoon Al's Bramble Spice\*

## **DIRECTIONS:**

1. Place lime juice, tomato juice, red onion, cilantro, and garlic into a food processor or blender. Blend to form a liquid.
2. Add the rest of the ingredients in the food processor or blender, pulse 3-4 times.
3. Make a day in advance for best flavor.
4. Serve and enjoy!

*Yield: 2 cups*



**2015 Youth Salsa Recipe Competition**

**[humboldtrisingstars.org](http://humboldtrisingstars.org)**

# Sassy Sunset

## Freshwater Afterschool

Restaurant/Chef: Café Nooner/Rafael Pumphrey & Chris Hungerford

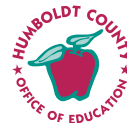
### INGREDIENTS: Locally Grown\*

- 1 nectarine, pit removed and diced
- 4 strawberries\*, green tops removed & diced
- 1 large red tomato\*, diced
- ¼ cup jicama, diced
- ¼ cup red onion\*, diced
- ¼ cup Anaheim peppers\*, diced
- 1 cherry-bomb pepper\*, seeded and diced
- ¼ cup cilantro\*, chopped
- 1 Tablespoon garlic\*, minced
- Juice of ½ lemon
- Juice of ½ lime
- 3 oz grapefruit juice
- Salt and pepper to taste

### DIRECTIONS:

1. Take ½ of the fruit and puree it in a food processor.
2. Pour it into a medium size bowl.
3. Then gently mix in the remaining ingredients.
4. Add salt and pepper to taste.
5. Serve and enjoy!

*Yield: 2 ½ cups*



# Humboldt's Finest Salsa

**Grant Afterschool**

**Restaurant/Chef: Pachanga Mexicana/Belem Espitia**

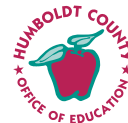
## **INGREDIENTS: Locally Grown\***

- ½ cup corn\* (roasted), kernels cut off the cob
- ½ cup green or red pimento pepper\*, diced
- ½ cup cilantro\*, chopped
- ½ cup yellow tomato\*, diced
- ½ cup purple onion\*, diced
- 1 tablespoon jalapeno\*, diced
- 1 lime, freshly squeezed
- ¼ cup apple cider vinegar
- ½ cup red tomatoes\*, blended
- Salt and pepper to taste

## **DIRECTIONS:**

1. Combine corn, pepper, cilantro, yellow tomato, onion, and jalapeno in a medium size bowl. Gently mix.
2. Blend the red tomatoes, lime juice, and apple cider vinegar.
3. Fold blended mixture into the ingredients in the bowl.
4. Add salt and pepper as needed.
5. Serve and enjoy!

*Yield: 3 ½ cups*



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# Garden Harvest Salsa

**Jacoby Creek Afterschool Garden Club**

**Restaurant/Chef: Natural Decadence/Rosa Dixon**

While developing this recipe, the students at Jacoby Creek School not only created this amazingly tasty and healthy salsa, they also grew 7 out of the 10 ingredients in their school garden!

\*Indicates that the ingredients were grown in the JCS garden.

## **INGREDIENTS: Locally Grown\***

Mix together in a bowl:

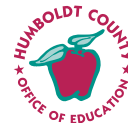
- 1 ½ cup cherry tomatoes\*, halved
- 1 cup lemon cucumber\*, sliced
- ½ cup apple\*, diced (we used red crab apples)
- ¼ cup radish\*, sliced
- ¼ cup dino kale\*, diced
- ¼ cup cilantro\*, diced
- 2 Tablespoons mint\*, diced

- 1 jalapeño, seeded and diced
- 1 lime, juiced
- 1-2 teaspoons salt

## **DIRECTIONS:**

1. Mix all the ingredients together and marinate in the refrigerator for 12-24 hours. Then blend before serving.

*Yield: 2 cups*



# Fruity Kick

Lafayette Afterschool

Restaurant/Chef: Ramone's Bakery & Cafe/Melody Dale

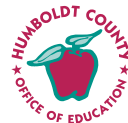
## INGREDIENTS: Locally Grown\*

- ½ cup fresh pineapple, finely diced
- ½ cup Asian pear\*, finely diced
- 2 teaspoons Humboldt honey\*
- ½ lime, juiced
- 2 Tablespoons red onion\*, finely diced
- 2 Tablespoons red bell pepper\*, finely diced
- 1 Tablespoon cilantro\*, chopped
- ¼ cup roasted pepper puree using 1 medium red bell pepper\*
- ½ teaspoon serrano pepper\* (more or less depending on desired heat)
- Salt and pepper to taste

## DIRECTIONS:

1. To roast the bell pepper for puree on a barbecue grill or gas burner, place the pepper on a long handled fork or hold with tongs as close to the heat as possible. Rotate from side to side to roast evenly. Cook it while turning as the skin blackens. Then place in a paper bag for 5 min to let steam. Remove all skin, seeds, and stem. Place in a food processor and blend until smooth.
2. In a medium size bowl, combine all ingredients including the cooled roasted pepper puree. Stir to combine.
3. Serve chilled with chips
4. Make a day ahead for best flavor.

*Yield: 2 cups*



# Purr-fect Plum Salsa

**Pacific Union Afterschool**

**Restaurant/Chef: Crush/Natalia Boyce**

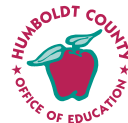
## **INGREDIENTS: Locally Grown\***

- 1¼ cups purple plums\*, chopped
- ¼ cup white onion\*, diced
- 1/3 cup cilantro\*, chopped
- ¼ cup red bell pepper\*, diced
- 3 Tablespoons cherry tomatoes\*, diced
- 1 Tablespoon kiwi juice, freshly squeezed
- 1 ½ teaspoons fresh lemon juice
- 1 ½ teaspoons fresh lime juice
- 2 pinches ground cayenne pepper
- Salt to taste

## **DIRECTIONS:**

1. Combine all ingredients into a medium size bowl.
2. Gently mix to combine.
3. Make a day in advance for best flavor.
4. Serve and enjoy!

*Yield: 2 ¼ cups*



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# Cha Cha Char Salsa

South Bay Afterschool

Chef: Michael Maschmeier/Essence Fine Catering

## INGREDIENTS: Locally Grown\*

- 2 medium tomatoes\*
- 1 medium red onion\*
- 4 large cloves of garlic\*
- ½ of a yellow bell pepper\*
- 1 jalapeno\*, seeded
- 1 cob of corn\*, husk removed
- 10 sprigs cilantro\*
- 1 pear\*, core removed & diced
- 2 limes, juiced
- 2 lemons, juiced
- 2 Tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper

## DIRECTIONS:

1. Dice one tomato and set aside.
2. Quarter remaining tomato and place on baking sheet.
3. Cut red onion in half. Dice half of the red onion and set aside.  
Place remaining half on the baking sheet with the tomato.
4. Add to baking sheet: garlic, yellow bell pepper (cut into 2 pieces), jalapeno, corn (cut in half), and broil until skins of vegetables begin to char.
5. Remove corn kernels from cob and place in a blender along with the rest of the charred vegetables. Blend until smooth.
6. Add cilantro and pulse for 5 seconds.
7. Pour into medium size bowl.
8. Fold in diced pears, reserved diced tomatoes, reserved diced red onion, lime and lemon juice, olive oil, salt, and pepper.  
Gently mix to combine.
9. Serve and enjoy!

*Yield: 2 cups*



# Dragonlicious Salsa

Trinidad Afterschool

Chef: Colleen Kelly/Trinidad School Food Service

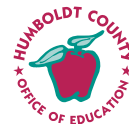
## INGREDIENTS: Locally Grown\*

- ½ cup mango, chopped
- 1/3 cup lemon cucumber\*, chopped
- 1/3 cup tomato\*, diced
- ¼ cup red onion\*, diced
- 1 Tablespoon gypsy bell pepper, finely diced
- 2 Tablespoons cilantro\*, chopped
- 1 Tablespoon lemon juice, freshly squeezed
- 1 teaspoon sambal (Asian condiment)
- Salt to taste

## DIRECTIONS:

1. Combine all ingredients in a medium size bowl.
2. Gently mix to combine.
3. Serve and enjoy!

*Yield: 1 ½ cups*



# 2 Alarm Salsa

Cuddeback Afterschool

Restaurant/Chef: Curley's Full Circle/Bryan Hopper

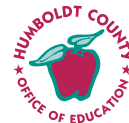
## INGREDIENTS: Locally Grown\*

- 1 cup jicama, diced
- ¼ cup red onion\*, diced
- 1 ear of corn\*, kernels removed
- ½ cup red bell pepper\*, diced
- ½ cup avocado, chopped
- ½ cup carrots\*, peeled and grated
- ¼ cup cilantro\*, chopped
- 1 Tablespoon fresh lime juice
- 1 ½ Tablespoons fresh lemon juice
- 1 chipotle pepper, diced
- ¼ teaspoon cumin
- Salt and pepper to taste

## DIRECTIONS:

1. Combine all ingredients into a medium size bowl.
2. Gently mix to combine.
3. Serve and enjoy!

*Yield: 3 ½ cups*



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# Plum Crazy Salsa

**Loleta Afterschool**

**Restaurant/Chef: River's Edge/Gregory McChristian**

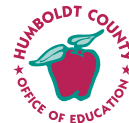
## **INGREDIENTS: Locally Grown\***

- 4 purple plums\*, diced
- ½ cup purple cabbage\*, shredded
- ¼ cup red onion\*, diced
- Juice of 2 lemons & 2 limes
- 1 Tablespoon cilantro\*, chopped
- ¼ cup olive oil
- 10 drops of red Tabasco sauce
- 1 pinch of red chili pepper flakes
- Salt, pepper, and granulated garlic to taste

## **DIRECTIONS:**

1. Combine all ingredients into a medium size bowl.
2. Gently mix to combine.
3. Serve and enjoy!

*Yield: 2 cups*



# Tropical Delight

Washington Afterschool

Chef: Nicole Rahman, Eureka Natural Foods Deli

## INGREDIENTS: Locally Grown\*

- ½ cup cantaloupe\*, diced
- 1 cup Canary melon\*, diced
- ½ cup strawberries\*, diced
- ½ cup Walla Walla onion\*, diced
- ¼ cup green bell pepper\*, diced
- 1/8 cup jalapeno pepper\*, finely diced
- 1 ½ Tablespoons lime juice, freshly squeezed
- Salt to taste

## DIRECTIONS:

1. Combine all ingredients into a medium size bowl
2. Gently mix to combine.
3. Serve and enjoy!

*Yield: 3 cups*

