

12 SALSAS IN 12 MINUTES

Presented by Lisa Feldman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Tomatoes, crushed, no-salt added		#10 can	
Yellow onion, diced		3 cups	
Cilantro, coarsely chopped		2 ½ cups	
Jalapeños, canned, drained, and rinsed		½ cup	
Lime juice		1 cup	
Salt		2 tsp.	
Ground Cumin		1 tsp.	
Sugar		1 tsp.	Salsa Base Recipe #1 1. Mix all ingredients together. Makes approximately 65 servings. Add additional ingredients to base recipe to make all the following variations.

Variation #2 - Black Bean and Corn Salsa			
Salsa base		1 ½ cups	
Black beans, drained		¾ cup	
Corn, IQF, thawed		¾ cup	
Red peppers, ¼ " dice		1 ½ Tbsp.	
Green peppers, ¼ " dice		1 ½ Tbsp.	

Variation #3 - Mango Salsa			
Salsa base		2 cups	
Mango, ¼ " dice		1 cup	

Variation #4 - Roasted Pineapple Salsa			
Salsa base		2 cups	
Pineapple tidbits, drained		1 cup	Toss pineapple tidbits with brown sugar and roast in a preheated 400°F convection oven for 7 to 9 minutes or until pineapple has golden brown edges.
Brown sugar		1 Tbsp.	

Salsa base		2 cups	Variation #5 - Kachumbar Salsa
Plum tomatoes, ¼ " dice		1 cup	
Cucumber, peeled, seeded, and ¼ " dice		1 cup	

Salsa base		3 cups	Variation #6 - Rojo Salsa
Cider vinegar		1 Tbsp.	
Chipotle powder		2 tsp.	
Ancho powder		2 Tbsp.	

Salsa Rojo		1 ½ cups	Variation #7 - Strawberry Smash Salsa
Strawberries, IQF, puréed		1 cup	
Mint, chopped		1 Tbsp.	

Salsa base		2 cups	Variation #8 - Peach Sriracha Salsa
Peaches, diced, drained		1 cup	
Sriracha		2 Tbsp.	
Asian ginger and garlic seasoning		1 Tbsp.	

Salsa base		2 cups	Variation #9 - Thaitanium Salsa
Mango, IQF, diced		1 cup	
Sweet Thai chili sauce		2 Tbsp.	
Thai seasoning		1 Tbsp.	

Salsa base		1 cup	Variation #10 - The Bombay Salsa
Pineapple tidbits		1 cup	
Ancho powder		1 Tbsp.	
Asian ginger and		1 Tbsp.	

garlic seasoning			
Ground cumin		1 ½ tsp.	
Curry powder		1 ½ tsp.	

Salsa base		2 cups	Variation #11 – Cherry Bomb Salsa
Cherries, canned, drained and puréed		1 cup	
Sriracha		2 Tbsp.	
Smoked paprika		1 tsp.	
Smoky chile and cumin rub		1 tsp.	

Salsa base		1 ½ cups	Variation #12 – Charred Corn and Avocado Salsa
Avocado, ¼ “ dice		¾ cup	
Corn, IQF, thawed, dry roasted		¾ cup	For dry roasting, spray a parchment covered sheet pan with pan spray. Place vegetables on top. Spray vegetables with pan spray. Roast in a 400°F oven for 7 to 9 minutes or until edges are blackened slightly.
Poblanos chiles, ¼ “ dice, dry roasted		¼ cup	
Smoked paprika		1 tsp.	

Recipe Notes:

One generous ¼ cup serving of Salsa Base provides ¼ cup vegetable

Nutrition Information (per ¼ cup Salsa Base)

Calories: 20/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1.5 g
 Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 60 mg/Potassium: 15 mg