

Sunny Salsa

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Mandarin oranges, chopped	1 cup	2 cups	4 cups	8 cups
Pineapple chunks, fresh or canned	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Chives (optional)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Chop mandarin oranges, pineapple, onions and peppers into small pieces.
2. In large bowl, combine all ingredients.

Food For Thought Salsa can be made using almost any type of fruit or vegetable. Add some flavor to chicken or fish by topping it with fruit and vegetable salsa.

CACFP Crediting For 3-5 year olds;
Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts

Serving size: 1/2 cup (100g)
Servings Per Recipe: 24

Amount Per Serving		
Calories	42	Cal. from Fat 1
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	4%
Sugars	9g	
Protein	1g	
Vitamin A	10%	Vitamin C 40%
Calcium	0%	Iron 2%

Recipe adapted from American Institute for Cancer Research. *The New American Plate*. Washington, D.C.; 2010.