



Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make a fun salsa.

Ages: 6–18 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 0 minutes

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INGREDIENTS

3 cups corn, kernels, frozen, thawed, drained

1 cup + 2 Tbsp tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)

1 cup + 2 Tbsp cucumbers, fresh, unpeeled, ¼" diced (gently wash cucumbers under running water before cutting)

3 Tbsp green onions, fresh, chopped (gently wash green onions under running water before cutting)

½ tsp + ¼ tsp chili lime seasoning

3 Tbsp sour cream, light

6 oz tortilla chips (at least 168 g)

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, and sour cream. Stir to mix.
3. Serve ¾ cup corny salsa and 1 oz eq tortilla chips (about 10–15 whole chips). Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

¾ cup corny salsa and 1 oz eq tortilla chips

Nutrients	Amount
Calories	218
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Total Fat	8 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	158 mg
Total Carbohydrate	36 g
Dietary Fiber	3 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	5 g
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Vitamin D	N/A
Calcium	51 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

¾ cup vegetable
1 oz eq grains

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CHEF TIPS

- **Contains milk (sour cream).**
Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortilla chips) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store corny salsa in an airtight container at 40 °F or lower until ready to serve.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.