



# Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make this fun salsa.

**AGES:** 3–5 years  
**PREP TIME:** 1 hour  
**COOK TIME:** 0 minutes

**CACFP CREDITING INFORMATION**

½ cup vegetable  
½ oz eq grains

**SOURCE**

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
Corn kernels, frozen, thawed, drained	2 lb 5 oz	2 qt	4 lb 10 oz	1 gal	<ol style="list-style-type: none"> <li>2 In a large bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, and sour cream. Stir to mix (see notes).</li> </ol>
Tomatoes, fresh, ¼" diced* (gently wash tomatoes under running water before cutting)	1 lb 7 oz	3 cups + 2 Tbsp	2 lb 14 oz	1 qt + 2¼ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cucumbers, fresh, unpeeled, ¼" diced* (gently wash cucumbers under running water before cutting)	1 lb 3 oz	3 cups + 2 Tbsp	2 lb 6 oz	1 qt + 2¼ cups	
Green onions, fresh, chopped* (gently wash green onions under running water before cutting)	1 oz	½ cup	2 oz	1 cup	
Chili lime seasoning		2 tsp		1 Tbsp + 1 tsp	
Sour cream, light		½ cup		1 cup	
Tortilla chips	12½ oz (at least 350 g)		1 lb 9 oz (at least 700 g)		<b>3</b> Serve ½ cup (4 fl oz ladle) corny salsa and ½ oz eq tortilla chips (about 5–7 whole chips). Serve immediately, or keep cold at 40 °F or lower.

\*See Marketing Guide



**NUTRITION INFORMATION**

½ cup corny salsa and ½ oz eq tortilla chips

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>122</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	1 mg
<b>Sodium</b>	<b>91 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Cucumbers, fresh	1 lb 3½ oz	2 lb 7 oz
Green onions, fresh	1¼ oz	2½ oz
Tomatoes, fresh	1 lb 10½ oz	3 lb 5 oz

**NOTES**

- **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.”
- **Choking Prevention:** Whole corn kernels can be choking risk for children under the age of 4.
- 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.

**WEIGHT/YIELDS**

<b>25 Servings</b>	<b>50 Servings</b>
6 lb ½ oz	12 lb 1¼ oz
3 qt ½ cup corny salsa, 12½ oz chips	1 gal 2 qt 1 cup corny salsa, 1 lb 9 oz chips