Recipe
Takes 10 minutes
Makes 8 servings

**YOU WILL NEED:**
- mixing bowl
- 8 spoons
- spatula
- 8 cups
- cutting board
- knife (adults only)

**Ingredients**
For 8 servings

- 1 12-ounce bag of frozen sweet yellow corn, defrosted and drained
- 2 green bell peppers, seeded and diced
- 1/4 cup red onion, finely chopped
- 3/4 cup fresh cilantro, torn or chopped
- 2 limes, juiced (1/4 cup fresh juice)
- salt and pepper
- 8 ounces whole grain tortilla chips

**Preparation**
Mix all ingredients except tortilla chips in a bowl.
Serve with tortilla chips.
Enjoy!
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the corn.
3. Turn the corn into a superhero.
   (Draw a face and superhero cape.)

Corn has antioxidants which are like superpowers for fighting ____________!