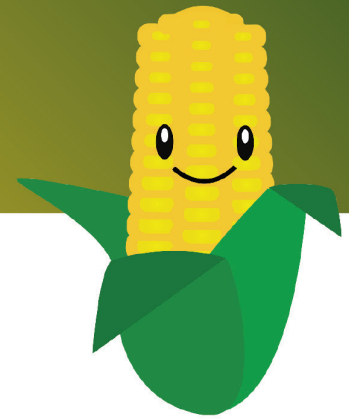


Lesson 1: Corn Salsa

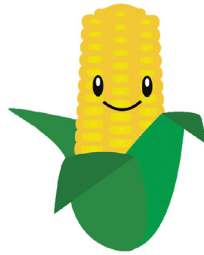


Recipe
Takes 10 minutes
Makes 8 servings

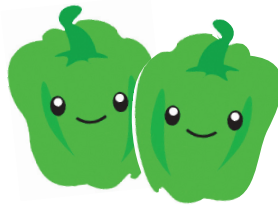
YOU WILL NEED:

mixing bowl	8 spoons
spatula	8 cups
cutting board	knife (adults only)

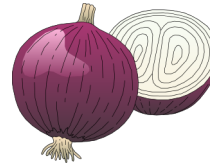
Ingredients
For 8 servings



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



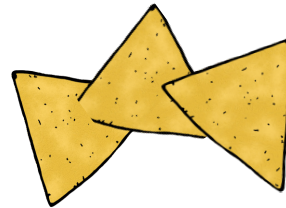
3/4 cup fresh cilantro, torn or chopped



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!

Lesson 1: Corn Salsa



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
_____!

