

Week 4: Pineapple Pineapple Salsa



Recipe
Takes 10 minutes
Makes 5 servings

YOU WILL NEED:

cutting board
knife (adults only)
measuring cups
tablespoon measure

mixing bowl
spatula
serving spoon
zip-top sandwich bags

Ingredients For 5 servings



1 cup canned black
beans, rinsed and
drained



1 cup diced
pineapple



½ cup green
bell pepper,
seeded and
diced



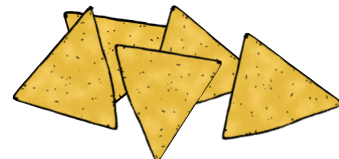
2 tablespoons
chopped fresh
cilantro



2 lime wedges



salt and pepper
to taste



5 cups whole grain or
baked tortilla chips

Preparation

In a mixing bowl, combine black beans, pineapple, green bell pepper, cilantro, and lime juice. Place 1 cup of chips in a zip-top sandwich bag and then pour a heaping 1/3 cup of salsa over the chips. Seal the bag and shake gently. Eat the chips and salsa out of the bag with clean fingers or a fork.

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DIRECTIONS

1. Fill in the blank in the bubble.
2. Color the corn.
3. Complete the maze to reach the tropical fruits!

Give a
'high _____ five'
for tropical fruit!"

