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.
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!