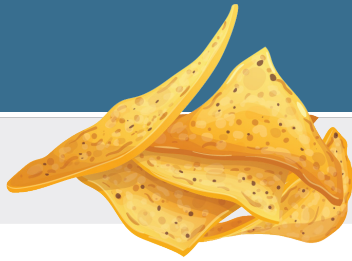


CORN SALSA



January 29

National Corn Chip Day



INGREDIENTS

- 4 (15 Ounce) Cans Whole Corn Kernels
- 1½ Cups Red Onion (finely chopped)
- 2 Red Bell Pepper (chopped)
- ½ Cup Fresh Lime Juice
- 4 Cloves Garlic (minced)
- 1 Cup Fresh Cilantro (chopped, optional)
- 1 Teaspoon Salt (to taste)
- 5 Ounces Corn Chips

DIRECTIONS

1. Drain corn.
2. Combine all ingredients, except corn chips, together and serve.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

7 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Salsa + ½ Ounce Chips	½ Cup Salsa + ½ Ounce Chips	¾ Cup Salsa + 1 Ounce Chips	½ Cup Salsa + 1 Ounce Chips