



Dips and Salsas

Dips and salsas are great as condiments to add flavor to your meals, or simply as snacks to eat with some toasted whole wheat tortillas. Make more than you need and keep them in the fridge. And be creative: add or substitute ingredients according to what your children like best or what you have in the house.

Fruit Salsa

Ingredients

½ pineapple, peeled and cut into medium-small pieces

1-2 mangos, cut into medium-small pieces

½ red onion, cut in small pieces

¼- ½ bunch fresh cilantro, roughly chopped

juice of 2-3 three limes

salt and chili powder to taste

optional other fruits: melon, kiwi, papaya, cucumber, guava, oranges, strawberries or others you like

Procedure

1. Combine all ingredients in bowl and mix.
2. Adjust seasonings until you achieve the taste you want – there is no right or wrong way to make this. As long as it tastes good to you, it's right!
3. You can serve your salsa as a side to a main course of meat, fish, vegetables or tofu. Or just eat it as a snack with whole wheat tortillas.

Basic Nutrition Profile for One Serving (¼ cup)....

Kcal	29 kcal
Protein	0 gram
Carbohydrate	7 grams
Fiber	0 grams
Fat	0 grams
Saturated Fat	0 grams
Monounsaturated Fat	0 grams
Polyunsaturated Fat	0 grams

This recipe is a great source of.....

Vitamin A 1012 international units

Phytonutrients Found in this recipe.....

Beta-carotene, Alpha-carotene, Lutein (Zeaxanthin), Lycopene, Allyl Sulfides, Potent Antioxidant Properties

Guacamole

Guacamole is a useful recipe for kids who don't have much of an appetite or for toddlers who are too busy to eat! Guacamole is a good source of monounsaturated fats making it nutrient dense snack (lots of calories in each bite), but don't shy away from this food. The fats in avocados are the "healthy" kind of fats and may help decrease an individual's risk of heart disease.

Ingredients

2-3 ripe avocados

juice of 2-3 limes

½ small red onion, cut small

1 tomato, cut in small pieces, or a bunch of cherry tomatoes, cut in half

½ red, yellow or green pepper, cut small

salt

optional seasonings: cilantro, chili powder, 1 clove minced garlic, 1 minced jalapeno

Procedures

1. Scoop out inside of avocado with a spoon. Put it in a bowl, and immediately squeeze lime juice over it to keep it from turning brown.
 2. Mash avocado with a fork, and add all other ingredients to bowl.
 3. Mix well, and adjust seasonings little by little until you get the taste you like.
- Guacamole can be made many different ways: make it taste how *you* want it to.

Basic Nutrition Profile for One Serving (1 serving = 3 TBSP)....

Kcal	70 kcal
Protein	1 gram
Carbohydrate	5 grams
Fiber	2 grams
Fat	6 grams
Saturated Fat	0 grams
Monounsaturated Fat	3.5 grams
Polyunsaturated Fat	0 grams

This recipe is a great source of.....

Potassium	299 milligrams
Vitamin A	347 international units
Folate	30 micrograms

Phytonutrients Found in this recipe.....

Beta-carotene, Alpha-carotene, Lutein (Zeaxanthin), Lycopene, "Good" Fats,