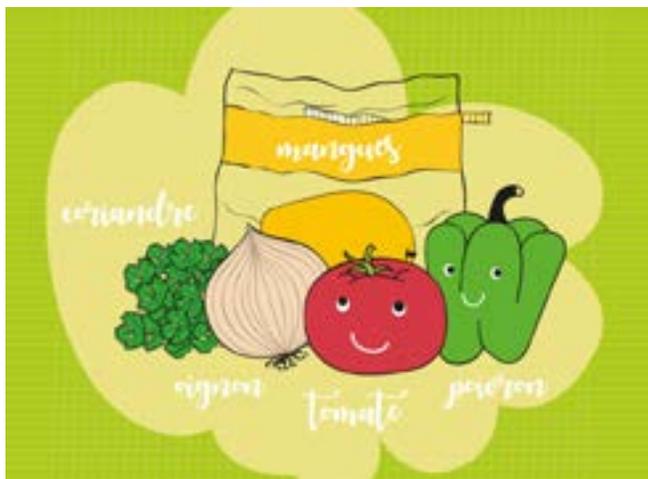




ASSOCIATION **SOUTENIR**
QUÉBÉCOISE DE LA **REPRÉSENTER**
GARDE SCOLAIRE **MOBILISER**

Fruit Salsa Recipe

Accompanied by whole-grain crackers, this fruity and slightly spicy salsa will make an excellent starter or a refreshing snack.



Age Group:
Multiage

Required Materials:

- Knives, clean scissors and cutting boards
- Measuring cups and spoons
- Juicers
- Medium bowls
- Aprons (optional)
- Ingredients of salsa (details on next page)
- Whole grain crackers (to accompany salsa)
- Small bowls and utensils for tasting

Fruit Salsa Recipe

Démarche

1. Make sure there are no one is allergic to one of the ingredients of the recipe.

2. Wash your hands and clean the table where you will cook.

3. Take out the salsa ingredients (6 servings)

- 1/2 tomato
- 1/8 green pepper
- 1/4 cup (60 ml) frozen pieces of mango, thawed
- 1/2 thin slice of onion
- 3 bunches of fresh coriander
- 30 ml (2 tablespoons) crushed pineapple pieces, preserve
- 2 pinches of ground cumin
- 1 pinch of cayenne pepper
- 7.5 ml (1/2 tablespoon) lime juice

4. Make salsa

- Wash tomato, pepper, coriander and lime well.
- Cut tomato, pepper, mango and onion into small pieces on a cutting board and place in a medium bowl.
- Cut the coriander into very small pieces using clean scissors and add it to the vegetables.
- Measure the crushed pineapple pieces and add them to the vegetable mixture. Also add cumin and Cayenne pepper. (Caution: do not touch the chilli with your fingers! Measure the pinch with the tip of a utensil instead.)
- Press the lime with a juicer (or a fork if you do not have one) to get juice. Measure, then pour the juice into the salsa and mix well.

5. Enjoy!

Serve salsa with whole grain crackers or oven-roasted pitas triangles



This activity was designed by Les Ateliers cinq épices, in collaboration with *Défi Santé*.



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