



United States Department of Agriculture

MyPlate KITCHEN

Salsa

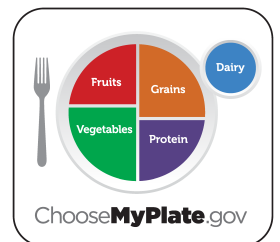


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Melon Salsa



Makes: 12 servings

Exploding with delicious summer flavors, this salsa recipe is amazind with whatever melon you have on hand.

Ingredients

- 2 cups melon, honeydew, cantaloupe or watermelon (seeded and chopped fresh, use one kind or a combination)
- 1 cup cucumber (peeled, seeded and chopped)
- 1/4 cup onion, red or white (chopped)
- 2 cilantro or mint, fresh (2 Tablespoon, chopped, optional)
- 1/2 jalapeño (seeded and finely chopped, or hot sauce to taste)
- 1/4 cup lime juice or lemon juice
- 1 tablespoon sugar, white or brown

Directions

1. In a medium size bowl, stir together all ingredients.
2. Taste and season with more lemon or lime juice, sugar if needed.
3. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Source: Montana State University Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

Nutrition Information

Serving Size: 1/4 cup (48g)

Nutrients	Amount
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Total Calories	19
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Total Fat	0 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	6 mg
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Carbohydrates	5 g
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Dietary Fiber	0 g
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Total Sugars	4 g
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Added Sugars included	1 g
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Protein	0 g
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Vitamin D	0 mcg
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Calcium	5 mg
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Iron	0 mg
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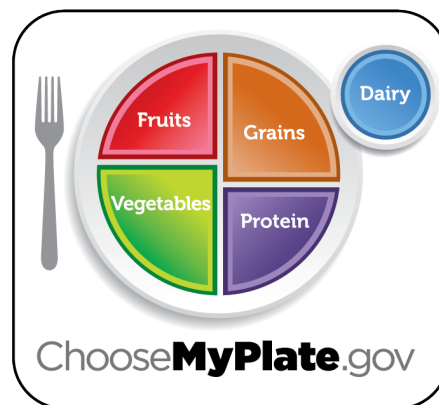
Potassium	95 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1/4 cups

 Vegetables 1/4 cups



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Mango Salsa



Makes: 8 Servings

Prep Time: 10 minutes

This sweet and tangy salsa pairs perfectly with grilled or baked fish or chicken. The recipe doubles easily if making for a crowd.

Ingredients

- 1 mango (peeled, pitted and diced (or 1 cup thawed frozen chunks))
- 1 tablespoon onion, red (diced)
- cilantro (1 Tablespoon, optional, fresh or dried)
- 1/4 teaspoon salt
- 2 tablespoons lime juice (bottled or fresh)

Directions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

Source:

Colorado State University and University of California at Davis.
Eating Smart Being Active Recipes.

Nutrition Information

Serving Size: 2 Tablespoons, 1/8 of recipe

Nutrients Amount

Total Calories **17**

Total Fat **0 g**

Saturated Fat 0 g

Cholesterol 0 mg

Sodium **73 mg**

Carbohydrates **4 g**

Dietary Fiber 0 g

Total Sugars 4 g

Added Sugars included 0 g

Protein **0 g**

Vitamin D 0 mcg

Calcium 4 mg

Iron 0 mg

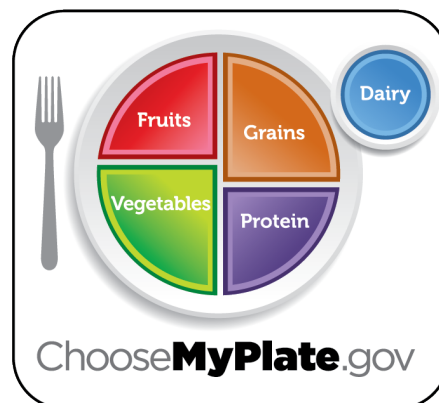
Potassium 50 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits

1/6 cups



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Fruit Salsa



Makes: 4 servings

A salsa that is different from what you may usually have, this fruit recipe can be a great way to help older kids and teens learn safe knife skills in the kitchen.

Ingredients

- 1 cup strawberries (diced)
- 1 banana (diced)
- 1 kiwi (peeled and diced)
- 1 apple (cored and diced)
- 2 tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Directions

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

Serving Size: 1/4 of recipe

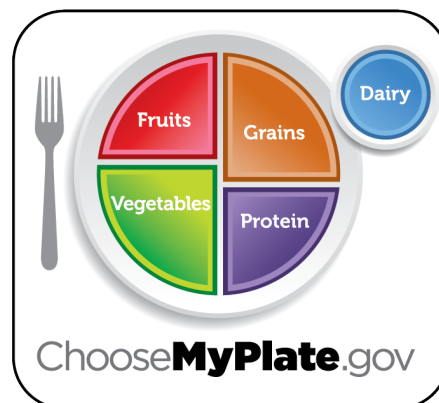
Nutrients	Amount
Total Calories	120
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Carbohydrates	31 g
Dietary Fiber	3 g
Total Sugars	24 g
Added Sugars included	12 g
Protein	1 g
Vitamin D	0 mcg
Calcium	19 mg
Iron	0 mg
Potassium	274 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



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Farmers Market Salsa



Makes: 8 servings

Lime, garlic, and fresh vegetables give this black bean and corn salsa a kick of flavor.

Ingredients

- 1/2 cup corn (fresh cooked or frozen)
- 1 can black beans (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- 1/2 cup onion (diced)
- 1/2 cup green pepper (diced)
- 2 tablespoons lime juice
- 2 garlic clove (finely chopped)
- 1/2 cup picante sauce

Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Source: Kansas Family Nutrition Program, [Kids a Cookin'](#)

Nutrition Information

Serving Size: 1/8 of recipe (123g)

Nutrients	Amount
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Total Calories	95
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Total Fat	0 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	236 mg
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Carbohydrates	19 g
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Dietary Fiber	6 g
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Total Sugars	3 g
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Added Sugars included	0 g
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Protein	5 g
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Vitamin D	0 mcg
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Calcium	43 mg
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Iron	2 mg
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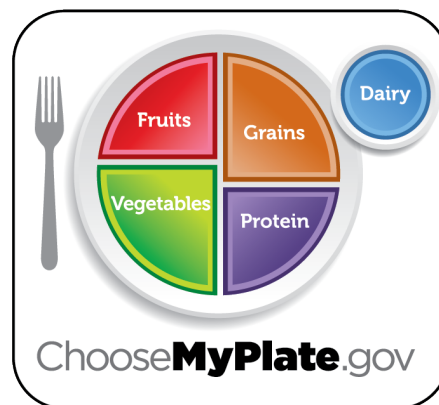
Potassium	400 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 3/4 cups

 Protein Foods 1 1/4 ounces



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Fresh Salsa



Makes: 4 servings

Fresh tomatoes with jalapeno peppers, cilantro, onions, and lime make this dish a light and easy summer time treat. Serve it with chicken and rice for a complete meal.

Ingredients

- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 cup cilantro (chopped)
- 1/4 teaspoon salt
- lime (juiced)

Directions

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Source: California Department of Health Services, Healthy Latino Recipes Made with Love
California Latino 5-A-Day Campaign

Nutrition Information

Serving Size: 1/2 cup prepared salsa, 1/4 of recipe

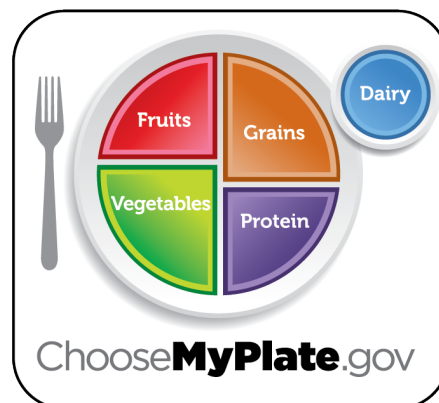
Nutrients	Amount
Total Calories	24
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	6 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	15 mg
Iron	0 mg
Potassium	216 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1/2 cups



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South of the Border Dip



Makes: 16 servings

This quick dip can be prepared in under 1 minute, making it perfect for last minute gatherings.

Ingredients

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 1 cup salsa

Directions

1. Mix the sour cream, yogurt, and salsa.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

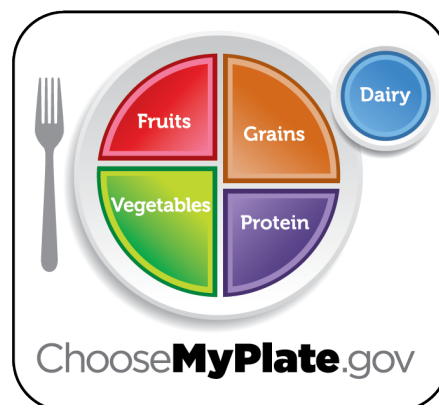
Nutrition Information

Serving Size: 2 tablespoons prepared dip, 1/16 of recipe (45g)

Nutrients	Amount
Total Calories	23
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	101 mg
Carbohydrates	4 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	52 mg
Iron	0 mg
Potassium	83 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups



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Squash Salsa



Makes: 12 Servings

Summer squash is the secret ingredient in this fun summer salsa. Enjoy with your favorite whole grains.

Ingredients

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced (medium)
- 1/2 green pepper, seeded and diced
- 1 medium red onion (minced)
- 1 summer squash, medium (peeled, seeds removed, diced)
- 2 tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- lemon or lime juice (2 Tablespoons, optional)
- 4 tablespoons mozzarella cheese, part skim
- fresh cilantro or dried parsley (optional)

Directions

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold!

Source: Connecticut Food Policy Council, [Farm Fresh Summer Recipes](#)

Nutrition Information

Serving Size: 1/2 cup, 1/12 of recipe

Nutrients Amount

Total Calories **75**

Total Fat **1 g**

Saturated Fat 0 g

Cholesterol 1 mg

Sodium **180 mg**

Carbohydrates **13 g**

Dietary Fiber 4 g

Total Sugars 3 g

Added Sugars included 0 g

Protein **5 g**

Vitamin D 0 mcg

Calcium 50 mg

Iron 1 mg

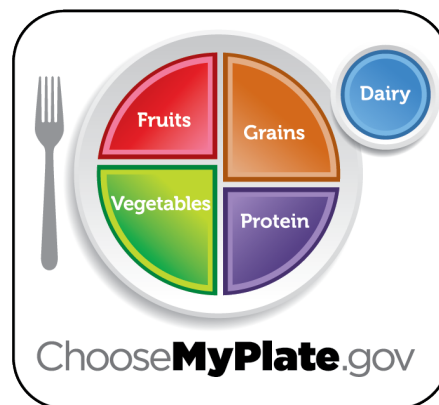
Potassium 394 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 3/4 cups

 Protein Foods 5/6 ounces



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