

# Create a Salsa

Recipe From: Slow Food USA: National School Garden Program

Prep: 10 minutes

Cook: 0 minutes

Total Time:  
10 minutes

Servings: 4

Difficulty: easy

## Cultural Facts:

The word "salsa" in Spanish translates to "sauce" in English.

## Ingredients:

ginger  
pineapple  
red bell pepper  
red onion  
mint  
chili powder  
red chili (fresh)  
cilantro  
garlic  
salt  
mango  
tomato  
oranges  
pumpkin seeds (raw)  
sunflower seeds (raw)  
kalamata olives  
rice vinegar  
cider vinegar  
lemon  
lime  
tamarind  
unsweetened shredded coconut

## Equipment:

Cutting Board  
Knife  
Mixing Bowl  
Plastic spoon(s)  
Plates  
Wooden Spoon

## Directions:

1. Cut all fruits, vegetables, and flavorings into small pieces that will fit on a tortilla chip.
2. Mix together ingredients from the sweet, sour, salty and bitter/pungent flavor list to make a salsa.
3. If the salsa tastes flat, it likely needs more salt. Remember to add the salt a small amount (about 1/4 teaspoon) at a time.
4. Taste the salsa with tortilla chips.

*\*Tamarind pulp can be found in Asian or Indian grocery stores as well as some natural food stores.*