



No-Cook: Kid-Invented Salsa + Jazzed-Up Savory Chips

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Prep Time 20 / Cook Time 0 / Serves 4 - 6

Shopping List

FRESH OR FROZEN

1 to 2 limes

Kids choose 4 of the following:

3 green onions

1 C corn kernels, fresh or frozen

1 tomato ****(see allergy subs below)****

1 cucumber

2 tomatillos ****(see allergy subs below)****

1 red, yellow, or orange bell pepper ****(see allergy subs below)****

1/2 jicama

1/4 C pomegranate seeds

1 avocado

1 handful fresh cilantro

PANTRY

2 tsp dried oregano

1 1/2 T salt

2 1/2 tsp chili powder ****(see allergy subs below)****

1 pinch granulated sugar

- 8 oz bag plain unsalted corn tortilla chips
- 1/2 tsp vegetable oil **
- HAVE ON HAND
- 1 gallon-sized resealable plastic bag
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime
- 1 lemon
- 1 orange
- 1 mint sprig

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Pitcher
- Cutting board
- Kid-safe knife
- Measuring cups
- Gallon-sized resealable plastic bag
- Measuring spoons
- Kid-safe knife (a butter knife works great)
- Dry measuring cups
- Large mixing bowl
- Citrus squeezer (optional)
- Wooden spoon

Ingredients

Kid-Invented Salsa

- 1 to 2 limes
- 1/2 tsp salt, or to taste
- 1/4 tsp chili powder, or to taste ****(for NIGHTSHADE ALLERGY sub ground cumin)****
- Kids choose 5 of the following:
 - 3 green onions
 - 1 C corn kernels, fresh or frozen (thawed)
 - 1 tomato ****(for NIGHTSHADE ALLERGY sub 1 peach or 1/2 mango)****
 - 1 cucumber

- 2 tomatillos **** (Omit for NIGHTSHADE ALLERGY)****
- 1 red, yellow, or orange bell pepper **** (Omit for NIGHTSHADE ALLERGY)****
- 1/2 jicama (peeled by an adult)
- 1/4 C pomegranate seeds
- 1 avocado
- 1 handful fresh cilantro
- 1 tsp dried oregano

Jazzed-Up Savory Chips

- 1 T salt
- 2 tsp chili powder **** (for NIGHTSHADE ALLERGY sub ground cumin)****
- 1 tsp dried oregano
- 1 pinch granulated sugar
- 8 oz bag plain unsalted corn tortilla chips
- 1/2 tsp vegetable oil ******
- 1 gallon-sized resealable plastic bag

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon
 - 1 orange
 - 1 mint sprig

Food Allergen Substitutions

Kid-Invented Salsa

Nightshade: Substitute ground cumin for chili powder. For 1 tomato, substitute 1 peach or 1/2 mango.

Omit tomatillos and bell pepper from veggie selection.

Jazzed-Up Savory Chips

Nightshade: Substitute ground cumin for chili powder.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

"Water You Cooking Up?" Flavored Water

Instructions

Kid-Invented Salsa

intro

Kids' creativity is the focus this week. Kid chefs will be making salsa with the ingredients they like best.

chop + measure

Chop, slice, tear, mash, or measure the five ingredients your child chose for their salsa: **3 green onions, 1 cup corn kernels, 2 tomatoes, 1 cucumber, 2 tomatillos, 1 bell pepper, 1/2 jicama** (peeled by an adult), **1/4 cup pomegranate seeds, 1 avocado, 1 handful of fresh cilantro**, and **1 teaspoon dried oregano**.

squeeze + mix + taste

Transfer all of the prepared ingredients above into a large mixing bowl. Squeeze the juice of **1 to 2 limes** into the bowl. Add **1/2 teaspoon salt** and **1/4 teaspoon chili powder** to the mixing bowl. Mix carefully with a wooden spoon until the salsa is combined. Taste and add more salt or chili powder if necessary.

Jazzed-Up Savory Chips

intro

Have your kids taste an unsalted tortilla chip. Ask them: "Can we make these taste better, kids?" Respond together: "Yes, we can!"

measure + add + shake

Measure **1 tablespoon salt, 2 teaspoons chili powder, 1 teaspoon dried oregano**, and **1 pinch of sugar** and add them directly into a gallon-sized resealable bag. Seal the bag and shake to mix the salt, herbs, and spices together!

pour + seal + shake

Pour **1/2 8 ounce bag of tortilla chips** and **1/2 teaspoon of vegetable oil** into the ziplock bag. Seal

the ziplock bag again and shake until all the chips are coated with the jazzed-up seasoning.

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Corn!

Hi, my name is Maizy, and I'm an ear of corn!

"I'm pretty close to my dad—his name's Pop Corn. (I know, my humor can be kind of corny ... but, that's me!) I'm great to eat on the cob, either boiled or grilled, especially at summer picnics. If you buy me in a store, make sure my husk is still on and pull it back just a bit. My kernels should look fresh, plump, and juicy! (A kernel might just squirt liquid when poked or eaten!) So, how do you eat corn on the cob? Across, down, or both?"

History

Corn was first cultivated by indigenous people in southern Mexico anywhere from 7 to 10,000 years ago. Corn is unique: most vegetables and fruits we eat today are domesticated versions of wild plants humans discovered long ago. Corn is a human invention and did not exist in the wild first, although it did start from a wild grass called "teosinte." Teosinte didn't look like modern corn on the cob looks today. The kernels were much smaller and further apart.

Corn was known as "maize" by Native Americans in South and North America, and they eventually depended upon this crop for food. Over time, maize was selected to have more kernels, bigger cobs, and more kernel rows.

Many Native American tribes tell the story of the origin of corn. Tribes preserved their tales and retold them over many generations. They passed down stories through oral tradition, writing down only some of the stories. According to Native American lore, corn came to Earth by various routes.

When Spanish explorers arrived in the Americas, they had never seen corn before, among many other things the indigenous people showed them.

Corn is produced on every continent in the world except Antarctica! As a result, corn and cornmeal are staple foods of many regions.

Native Americans used to braid corn husks to make masks, moccasins, sleeping mats, baskets, and dolls. Today, corn is in many products we use daily. Cornstarch is used to thicken sauces, to strengthen the fabric used to make clothing, and to bind books. Soft drinks are sweetened with corn syrup, chickens and cows are fed corn, and the ink in pens is made from corn oil. Corn is used to make glue, shoe polish, marshmallows, ice cream, and makeup. Corn is also used to produce ethanol—a liquid biofuel used to power cars.

Corn comes in many colors, including black, blue-gray, purple, green, red, white, and yellow.

The six main types of corn are: "Sweet" corn is the kind we eat. "Dent" corn is fed to cows and chickens.

Another variety is "Popcorn," a popular snack food. Its hard kernels inflate and burst open when heated.

"Flint" or "Indian" corn is multicolored and often used for Thanksgiving decoration, although it's also used to make popcorn and blue and red corn chips and tortillas. "Pod" corn (or wild maize) is a mutated type of corn that grows glumes (leaf structures) around each kernel and is used for ornamental purposes. Finally, "Flour" corn is mainly used to make corn flour (that makes sense!).

The early settlers to North America considered corn so valuable they used it as currency to trade for other products such as meat and furs.

Anatomy & Etymology

Corn is a tall plant grass that has large ears with many seeds or kernels.

Most corn plants have a single stalk. The stalk grows vertically up from the ground, and the variety of corn and the plant's environment will determine how tall it grows.

Corn plants have both male and female parts—the name for this type of plant is "monoecious." The male part, the tassel, emerges at the top of the plant when all the leaves have formed. The tassel contains many branches that house many small male flowers. The female part of the corn plant is the silk that grows out of the ear. The immature ear consists of a cob, eggs that develop into kernels after pollination, and silks. One corn plant will produce more than one ear of corn, with the ear at the top of the plant usually growing the largest.

According to the USDA, corn can be used as a grain or a vegetable, depending on when it is harvested. If corn is fully mature and becomes dry, it is considered a grain. It can then be ground into cornmeal or corn masa, which you'll find in corn tortillas, cornbread, etc. Popcorn kernels are also whole grains that are harvested when mature. Corn on the cob and the corn kernels found in frozen or canned corn are picked when the kernels are soft and full of water. In these forms, corn is considered a starchy vegetable.

One ear of corn has, on average, as many as 800 kernels in 16 rows! Corn will always have an even number of rows on each cob. Each kernel can potentially become a new plant!

The word for "corn" that is used by most of the world is "maize," which comes from the Spanish word "maiz."

How to Pick, Buy, & Eat

Fresh corn on the cob is seasonal during July and August. Choose ears of corn with yellow or white niblets and inspect each ear of corn before buying. Avoid any corn that has dark or dried spots. Store fresh corn in the fridge until ready to use.

Frozen corn is a great alternative when fresh corn isn't in season. You don't have to thaw frozen corn before adding it to baked recipes, soups, pasta, chili, or risotto! However, if adding frozen corn to sautéed recipes, run a colander of frozen corn under warm water to thaw it out a bit first.

Sauté frozen corn rather than boiling it—boiling will destroy all the flavor! Butter, salt, and pepper are all you need. When sautéing corn, add the salt right at the end. Since salt draws out moisture, salting too soon will dry out your corn.

Frozen corn tastes fresher than canned corn. Many grocery stores even sell frozen cobs of corn. Frozen corn will keep for months.

Nutrition

Phosphorous is a mineral the body uses to build strong bones. Phosphorus also helps the body to produce energy. Starches in corn also provide you with long-lasting energy.

Fiber helps to keep our inner pipelines clean and clear. Drinking plenty of water helps move fiber through our intestines to clean them out! Vegetables, fruit, and grains have the most fiber of any food. Fiber is also important for our hearts! Leaving on the edible peels of vegetables and fruits also helps us to eat more fiber.

Potassium helps balance water in the body when eating salty foods by maintaining normal fluid levels inside our cells. Salt or sodium regulates the fluid outside of our cells. It is also necessary for proper muscle contraction, nerve transmission, and better blood pressure.