Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
www.rootedwi.org/recipes

Fall recipe: snack
Food components used: vegetables, grain
Specialty crop: tomatoes, cilantro, onions

| **Pico de Gallo Salsa with Chips** | | | | |
|---|---|---|---|---|
| **Ingredients** | **8 servings** | | **25 servings** | |
| | Measure | Weight | Measure | Weight |
| Tomatoes, diced | 4 cups | 2 lbs | 11 cups | 5.25 lbs |
| Cilantro, finely chopped | ⅓ cup | ½ ounce | 1 cup | 1 ½ ounces |
| Green onions, finely chopped | ½ cup | 5 ounces | 1 ⅔ cups | 15 ½ ounces |
| Lime juice | 3 Tbsp | | ½ cup | |
| Salt | ½ tsp | | 1 ½ tsp | |
| Pepper | ¼ tsp | | ¾ tsp | |
| | | | | |
| Whole Grain Chips | 48 chips | | 150 chips | |

Directions:

1. If food processor is available, roughly chop vegetables, add lime juice, salt and pepper and pulse until desired consistency.
2. If food processor is not available, dice tomatoes and finely chop cilantro and green onions. Mix together in a bowl with lime juice, salt and pepper.
3. Serve with whole-grain tortilla chips to meet the grain component.

Tips:
-Serve half portions as garnish on other dishes such as chicken fajita or beef nacho plate.

Serving Sizes for **Snack**

| **Age Group** | **Serving Size** |
|---|---|
| Ages 1-2 | ½ cup salsa + 6 whole-grain tortilla chips |
| Ages 3-5 | ½ cup salsa + 6 whole-grain tortilla chips |

NOTE: The number of servings is based on ½ cup salsa + 6 whole-grain tortilla chip portions for Ages 3-5; The number of servings may increase or decrease based on the ages of the children served and the

amount served. This recipe provides ½ cup of vegetables and approximately 13 grams (0.5 oz) of grains per portion.