



Corny Salsa with Tortilla Chips

Snack Crediting for Ages 3-5



Total Time

15 minutes



Serving Size

$\frac{1}{2}$ cup salsa and $\frac{1}{2}$ oz
eq. chips



Servings

6



Components

Grains, Vegetables

Ingredients

- 2 cups corn, kernels, frozen, thawed, drained
- $\frac{3}{4}$ cup tomatoes, fresh, $\frac{1}{4}$ " diced
- $\frac{3}{4}$ cup cucumbers, fresh, unpeeled, $\frac{1}{4}$ " diced
- 2 tbsp green onions, chopped
- $\frac{1}{2}$ tsp chili lime seasoning
- 2 tbsp sour cream, light
- 3 oz eq. tortilla chips

Directions

1. In a medium bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning and sour cream. Stir to mix.
2. Serve immediately, or keep cold at 40 °F or lower.

$\frac{1}{2}$ cup salsa with $\frac{1}{2}$ oz eq. tortilla chips provides $\frac{1}{2}$ cup vegetables and $\frac{1}{2}$ oz eq. grains



This recipe is courtesy of
USDA Food and Nutrition Service.