



JERSEY TASTES!

RECIPES

Fresh Cranberry Salsa

INGREDIENTS

CLASSROOM TASTING



- 2 cups frozen cranberries (use fresh if available)
- 1/2 jalapeño pepper, seeds removed
- 1/2 shallot
- ¼ cup cilantro
- 1 Tbsp. honey
- juice from 1/2 lime
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- cream cheese and tortilla chips to serve

SCHOOL FOOD SERVICE SERVES 24



- 16 cups frozen cranberries
- 4 jalapeño peppers, seeds removed
- 4 shallots
- 2 cups cilantro
- 8 Tbsp. honey
- juice from 4 lime
- 2 tsp. salt
- 2 tsp. black pepper
- cream cheese and tortilla chips to serve

PORTION SIZE: 1 Bowl
1 Bowl= 1/4 cup Fruit Equivalent;
(1/4 cup Red/Orange)

DIRECTIONS



- 1 Combine all ingredients in a food processor. Pulse for a few seconds at a time and scrape the sides if ingredients do not look evenly combined. Ingredients should look finely chopped and similar to a jam.
- 2 Repeat as needed to meet class size. (Will it be a taste or a snack?)
- 3 Serve cranberry salsa alone or on a bed of cream cheese with tortilla chips to dip.



Fun Fact:

Cranberries have small pockets of air that allow them to float.

Cranberries are good for your teeth because they prevent bacteria and plaque-buildup.



RECIPES MADE IN COLLABORATION WITH:

