



Celebrate CINCO DE MAYO with TOMATO SALSA

What You'll Need

- 2 Firm tomatoes
- 1 Small onion
- 1 Medium green pepper
- 1 Medium fresh lemon
- 1 Teaspoon black pepper
- 1 Teaspoon salt
- 1 Teaspoon garlic powder or 1 small garlic clove chopped
- Chopped Cilantro

Kitchen Tools You'll Need

- 2 medium bowls
- Measuring spoons
- 1 Large spoon
- 1 Plastic Knife
- 1 Fork or wire whisk
- 1 Cutting board
- Paper towels and plastic food wrap

What To Do

- Rinse tomatoes in cold water, gently dry with paper towels. Cut tomatoes in half. Scoop out seeds and throw away. Chop and put into bowl.
- Peel and chop onion and green pepper and add to bowl.
- Rinse lemons under water, dry with paper towel. Cut lemon in half, remove seeds and squeeze juice into the bowl.
- Add black pepper, garlic, salt, cilantro and oil to bowl. Mix well.
- Cover bowl with plastic wrap and chill in refrigerator for at least 20 to 30 minutes.



TRY HOMEMADE CHIPS WITH SALSA

Crispy Tortilla Chips

Preheat oven to 400 degrees.

What You'll Need:

- 4 medium flour tortillas (7 inch)
- 1 flat cookie sheet or pizza stone
- Plastic knife

What To Do:

- Cut tortillas into 8 even triangle wedges. Place wedges in a single layer on cookie sheet or pizza stone.
- Bake 8 - 10 minutes or until lightly browned.
- Remove from oven and let cool completely.

Serving Suggestions:

Eat plain or with your favorite salsa.

Nutritional Information:

Serving Size: 8 chips and $\frac{1}{4}$ cup of salsa

Calories: 196 Carbohydrates: 32 grams Protein: 4 grams Fat: 4 grams

TOOTIE FRUITY SMOOTHIE

What You'll Need

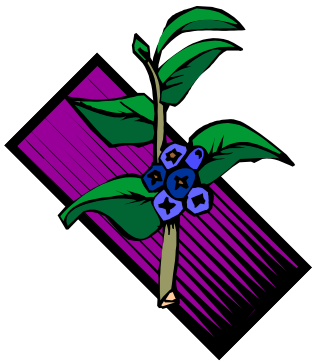
- I Ripe banana fresh or frozen
- I Cup fresh or frozen berries like blueberries
- I Cup low fat milk
- ½ Cup vanilla or lemon flavored yogurt

Kitchen Tools You'll Need

- I Plastic Knife
- I Measuring Cup
- I Large spoon
- I Electric blender or food processor
- 4 Small paper cups
- Small plastic spoons

What To Do

- Peel banana and cut with plastic knife into little pieces.
- Put banana into the blender or food processor.
- If using fresh berries, rinse them well; remove stems and leaves.
- Add berries, milk and yogurt to the blender or food processor. Blend well.
5. Blend ingredients, pour into paper cups and enjoy!



Nutritional Information

Serving Size: 4 ounces

Calories: 125 Carbohydrates: 29 grams Protein: 3 grams Fat: 1 gram

TACO WRAP

What You'll Need

- 20 Small flour tortillas
- 8 Ounces mild yellow cheddar cheese
- 8 Ounces Monterey jack cheese
- 3 Large firm tomatoes
- 1 Large green pepper
- 1 Bag fresh spinach leaves, triple washed
- 1 Can (15 oz) kidney beans
- 1 Cup low fat cream cheese
- 4 Tablespoons Magic Herb Mix
(See April's recipe)
- 8 Ounces mild tomato salsa
(See May's recipe)



Kitchen Tools You'll Need

- 1 Metal grater
- 1 Small paring knife
- Measuring cups and spoons
- 1 Wooden spoon
- 2 Sets of tongs
- 1 Can opener
- 7 Large plates
- Paper towels
- 1 Medium strainer or sieve
- 1 Large bowl
- 1 Small bowl

What To Do

- Grate cheese into a large bowl. Mix together gently with fork.
Rinse tomatoes and green pepper. Gently pat dry with paper towel. Set aside.
Throw out any wilted or discolored spinach leaves.
Rinse and drain kidney beans under cold running water.
5. In a bowl, blend cream cheese with Magic Herb Mix until smooth.
 6. Make an assembly line: *tortillas-cream cheese-grated cheese-spinach-beans-tomatoes-peppers-tomato salsa.*
 7. Let each person make their taco as desired.



MUNCH MIX

What You'll Need

Equal amounts of the following: two or three of your favorite unsweetened cereals
Dried fruits such as raisin, cranberries, apricots, bananas (about $\frac{1}{4}$ cup of dried fruit for every 1 cup of cereal)
If desired add equal amounts of mini pretzels or pretzel sticks



Kitchen Tools You'll Need

- I Large bowl
- I Large spoon
- I Plastic storage containers

What To Do

Put all of the ingredients in bowl. Stir well.
Serve & Enjoy!
Put any extra munch mix into plastic storage containers or plastic sandwich bags.

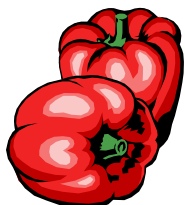


Nutritional Information

Serving Size: $\frac{1}{2}$ Cup

Calories: 152 Carbohydrates: 37 grams Protein: 2 grams Fat: 0 grams

RAINBOW VEGGIE PLATTER WITH MAGIC HERB DIP



What You'll Need

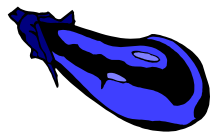
- Yellow** - yellow peppers
- Orange** - carrots, orange peppers
- Red** - tomatoes, red peppers
- Green** - broccoli, green peppers, string beans, celery, cucumbers
- White** - cauliflower
- Combination Colors** - squash, zucchini
- ½ Cup low fat sour cream
- ½ Cup low fat cream cheese
- 3 Tablespoons of Magic Herb mix

Kitchen Tools You'll Need

- 1 Plastic knife
- 1 Wooden spoon
- 1 Large plastic plate or cutting board
- 1 Medium bowl
- Small paper plates
- 1 Large platter
- Paper towels
- 1 Electric mixer

What To Do

- Rinse vegetables and scrub with brush.
- Cut vegetables into bite size pieces or sticks; place vegetables on a platter like a rainbow pattern. Set aside.
- In a bowl, mix sour cream, cream cheese, and **3 tablespoons** of Magic Herb mix together, until smooth. Chill until ready to serve.
- Put two tablespoons of dip on small plates and allow children to choose their own rainbow of vegetables to dip!



Nutritional Information

Serving Size: 2 tablespoons of dip Calories: 24 Carbohydrates: 1 gram
Protein: 2 grams Fat: 2 grams

MAGIC HERB MIX

What You'll Need

- 2 Tablespoons dry oregano
- 2 Tablespoons dry basil
- 2 Tablespoons chili powder
- 2 Teaspoons salt

Kitchen Tools You'll Need

- 1 Small bowl
- 1 Empty spice bottle
- 1 Set of measuring spoons

What To Do

- Combine oregano and basil in a small bowl.
- Gently rub the spices between thumb and pointer finger to blend herbs into a powder.
- Add chili powder and salt to bowl and blend.
- Put mixture into a spice bottle, cover and shake.

Serving Suggestions

Use as a seasoning in recipes, meats, vegetables or soft cheeses.

