SHOPPING LIST

Corn Salsa

- ◯ Corn Kernels
- ◯ Red Bell Pepper
- ◯ Red Onion
- ◯ Fresh Cilantro
- ◯ Jalepeno
- ◯ Lime Juice
- ◯ Honey
- ◯ Kosher Salt

First, check off the items you already have at home.

CUT

Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Corn Salsa

VEGETARIAN	TIME	DIFFICULTY	MAKES
V		E	1 1/2
YES	Under 30 min.	Easy	Cups

CUT

YOU WILL NEED

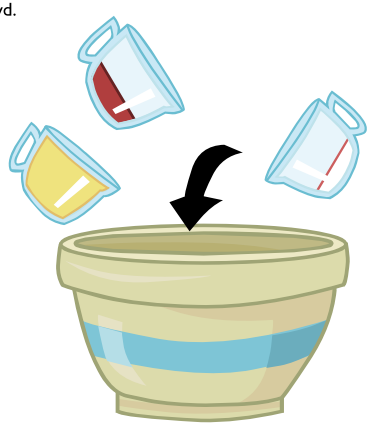
- **1 cup** kernels from 1 ear of fresh corn
- **⅓ cup** finely diced red bell pepper
- **¼ cup** minced red onion
- **2 tablespoons** minced fresh cilantro
- **1 tablespoon** minced jalapeno
- **1 tablespoon** fresh lime juice
- **1 teaspoon** honey
- **½ teaspoon** kosher salt

CUT

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

One cup of frozen corn kernels, thawed and drained, can be substituted for the fresh corn. This recipe can easily be doubled or tripled for a crowd.



STEP 1: Mix all of the ingredients together in a small bowl. Serve.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 2 tablespoons (22g)
Servings Per Container

Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 2% • Vitamin C 10%	
Calcium 0% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4