

## Have a Happy, Healthy Cinco De Mayo!

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Cinco de Mayo is a day to celebrate Mexican culture, and honor the country's victory against France at the Battle of Puebla in 1862. It is also the perfect time to enjoy Mexico's enormous food culture! This year, forgo cheese drenched nachos and share this healthy salsa dip – created by Food Bank's very own CookShop team - with your family.

This recipe has been tested and approved by our 40,000+ CookShop participants throughout New York City. We've broken the recipe up into adult prep and child friendly steps, so every member of your family can help with the preparation.

Serve this fruit salsa with whole grain chips for a fruity, flavorful fiesta. Or add it to a chicken, fish or veggie soft taco for a colorful MyPlate meal!

### **CookShop Peachy Orange Salsa**

#### **Ingredients**

- 3 oranges
- 1 15-ounce can of peaches
- 1 red bell pepper
- 1 lime
- 2 tbsp chives
- 1 bag of multi-grain tortilla chips

#### **Prep for Adults**

1. Wash hands and all produce.
2. Peel oranges and separate segments.
3. Remove stem and seeds from pepper. Cut into child-friendly pieces.
4. Open can of peaches. Pour into a colander to drain liquid.
5. Cut lime in half.

### **Kid-friendly Steps**

*(With the supervision and guidance of an adult)*

1. Wash hands.
2. Cut oranges, peaches and pepper into small pieces.
3. Place in a large mixing bowl.
4. Squeeze lime juice onto fruit mixture.
5. Cut chives into small pieces, add to fruit mixture, and stir.
6. Serve with multi-grain chips.
7. Once everyone has a serving, count to three and taste together. Enjoy!

*Caitlin Fitzpatrick is Food Bank For New York City's Nutrition and Health Services Associate.*