

# Cactus and Corn Salsa Recipe



Yield: 2 1/2 cups

## Ingredients

- 1 small cactus paddle, spikes removed
- 1 garlic clove, peeled
- 1 jalapeno pepper, stem removed
- 1/2 large white onion, peeled
- 1 cup cilantro
- 1 cup green onions
- Juice from 1 lime
- 1/4 cup water
- Salt and pepper to taste
- 1 cup frozen (or fresh) corn

## Instructions for Adults

Preheat oven to 400 degrees. Have kids cut cactus and onions into large chunks and the jalapeno in half. On a lightly greased baking sheet, place cactus, garlic, jalapeno, onion. Roast until the veggies are deep golden on all sides, about 15-20 minutes. Flip veggies halfway through. Remove from oven and let cool.

## Instructions for Kids

- Cut cactus and onion into large chunks and the jalapeno in half. Adults will help you roast them.
- With the help of an adult, place roasted veggies into a food processor with cilantro, green onion, lime juice, water, salt and pepper. Puree until smooth.
- Pour salsa into a bowl and add corn.
- Mix, serve with veggies, and enjoy!

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