DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Sidney Sinclair					
CATEGORY *Please check one*	[x] Appetizer	[ ] Main Dish	[ ] Side Dishes	[ ] Healthy Desserts	
COUNTY	Henderson				
AGE DIVISION	[ ] Junior	[x] Intermediate	[ ] Senior		

Name of Recipe: Southwest Salsa		
Prep Time: 60 minutes	**Cook Time:** 0 minutes	**Cost:** $5.40

Type Recipe Here:

INGREDIENTS
1 package of white corn tortilla chips
2 cups tomato, chopped
1/2 cup red onion, chopped
1/2 cup black beans, drained and rinsed
1/2 cup corn kernels, drained and rinsed
1 jalapeno, seeded and diced
1/2 cups cilantro, chopped
3 tablespoons lime juice
1 garlic clove, grated

DIRECTIONS
Soak 1/2 cup finely chopped red onion in ice water for 15 minutes and then drain. In a medium size bowl combine the red onion with 2 cups chopped tomatoes, 1/2 cup black beans, 1/2 cup corn kernels, 1 seeded and diced jalapeno and 1/2 cup chopped cilantro. Once combined, top with 3 tablespoons of lime juice and 1 grated garlic clove. Toss once again and refrigerate for at least 30 minutes before serving. Serve salsa with corn chips and enjoy.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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