

## Mango Salsa Recipes for Picky Eaters (52 New Foods, Around the World Week 13)

These simple mango salsa recipes make it easy and fun for picky eaters to try a new food (or two) lots of different ways – the key to getting past peas and pasta!



Prep time: 5 minutes

Cook time: 0 minutes

Yield: Makes 4 servings

Crunch a Color points: 5 Yellow / Orange, plus additional points for the other colors that you add.

Ingredients:

2 mangoes

2 medium strawberries

2 slices of red pepper

2 slices, Meyer lemon

2 slices, lime

1 Tbsp red onion, chopped fine

1 handful, cilantro

You may be thinking, “It’s not hard to get kids to try mangoes!” This is true, but there’s a secret. Familiar foods like mangoes are your ticket to more challenging foods like onions and peppers. Here’s how:

Set the ingredients up assembly line style, and let your kids create a mango salsa tasting bar. Encourage each child to build their own recipes, moving from just one or two ingredients (mango and lemon) to a full on salsa with all of the fixings including those tough to try foods like red onion, cilantro and pepper. Let them taste a bit of each version and figure out the right mix for them! They may decide that they don’t like the recipe with red onion, but it’ll get your kids having fun tasting a new food a few different ways, which is your goal!

**What we Liked:** This little game worked wonders with my picky eaters! First, it got my daughter Catherine to finally try (and like!) cilantro. The recipe with onion and pepper was a little too strong for her palette, but I celebrated that she gave it a try (and we agreed to do it again). As for my son James, his reaction to the full on version of our mango salsa – mango, lemon, lime, strawberry, cilantro, red onion and pepper – can only be summarized one way. A picture is worth a thousand words!



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Directions:

1. Prepare your ingredients. Cut mangoes and strawberries into 1/4" cubes. Slice lemons and limes into wedges. Finely chop the peppers and onions! Cilantro can be left as is.
2. Setup your ingredients assembly line style, starting with the simplest recipe on the left (mango, lemon, lime) and moving to the most challenging recipe on the right (red onion and pepper).
3. Prepare your mango salsa recipes, moving from left to right. The recipes build on each other. For example, the last recipe includes red onion and pepper, along with all of the ingredients that came in the earlier versions (lemon, lime, strawberry, cilantro).
4. Give 'em a taste! We tried our mango salsa recipes with a slice of whole wheat tortilla.
5. Vote for your favorite!

For more easy, healthy recipes visit [www.crunchacolor.com](http://www.crunchacolor.com).

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