

Let's cook! Plan, Shop, Pack List: Mango Salsa

Ingredients

- 1 mango or 1 cup thawed frozen chunks of mango
- 1 small onion (1 tablespoon minced used in recipe)
- Small bunch of fresh cilantro
- Salt
- 1 lime or bottled lime juice
- Prepared *Baked Tortilla Chips*
 - Nonstick cooking spray
 - 3 (10 inch) tortillas
 - Salt

Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Make the *Baked Tortilla Chips* before class.
- Thaw the mango chunks (if using frozen).
- Wash the mango, onion, cilantro, and lime (if using fresh).
- Print copies of the *Baked Tortilla Chips* and the *Mango Salsa* recipes (1 of each recipe for each participant).

Equipment

- 4 cutting mats (3 if using bottled lime juice)
- 4 chef's/utility knives (3 if using bottled lime juice)
- 1 set of measuring cups (if using frozen mango)
- 2 dinner spoons (1 if using bottled lime juice)
- 4 sets of measuring spoons
- 2 medium bowls
- 7 small bowls (6 if using bottled lime juice)
- 3 large cooking spoons
- 1 set of tongs
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
