



List of Supplies Needed

Cactus and Corn Salsa Recipe

General

- Recipe

Cooking

- Cutting board or cutting mat
- Small paring knife
- Plastic or butter knife
- Measuring cups
- Juicer
- Baking sheet
- Tongs
- Food processor
- Mixing spoon & mixing bowl

Food & Produce

- Cactus paddle
- Garlic
- Jalapeno pepper
- White onion
- Cilantro
- Green onions
- Lime
- Water
- Salt
- Pepper
- Frozen (or fresh) corn

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

