

Katie Eichelmann
Junior
Salsa
Armstrong County

SALSA

2 cups chopped tomatoes
½ cup chopped onion
¼ cup chopped jalapeno pepper
Pinch of salt
Juice of 1 Lime
1 Tbsp. Chopped cilantro

Mix all ingredients and puree in food processor to desired consistency. Cover and refrigerate to blend to flavors.
Enjoy!

Kiley Lane
Intermediate
Salsa
Armstrong County

FRUIT SALSA WITH BAKED CINNAMON CHIPS

2 kiwis, peeled and diced
2 golden delicious apples – peeled, cored and diced
8 oz. raspberries, fresh or frozen
1 (16 oz.) carton of strawberries, diced
2 Tbsp. white sugar (more or less to taste)
1 Tbsp. brown sugar (more or less to taste)
3 Tbsp. fruit preserves, any flavor
10 (10 in.) flour tortillas
Melted butter or butter flavored cooking spray

Cinnamon Sugar:
1 cup white sugar
2 Tbsp. cinnamon

In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar, and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. Preheat Oven to 350°.
Coat one side of each flour tortilla with melted butter or butter flavored cooking spray. Sprinkle tortillas with desired amount of cinnamon sugar. Cut into wedges and arrange in a single layer on a large baking sheet. Spray again with cooking spray (not necessary if using melted butter).
Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Madison Pigg
Junior
Salsa
Briscoe County

MEME'S SALSA

2 cans original rotel
1/2 jalapeño
1/2 onion
1 tsp. Minced garlic
A handfull of cilantro
Splash of Lime juice
Season salt to taste

Dump all ingredients into a blender and blend well. Pour into a bowl and serve with tortilla chips. Yield: 2-4

Olivia Horner
Junior
Salsa
Carson County

GRILL-SIDE GARDEN SALSA

Ingredients:

2 medium tomatoes, seeded and chopped (about 2 cups)
1 medium zucchini, diced (about 1 cup)
1 cup frozen whole kernel corn, thawed
1/3 cup thinly sliced green onions with tops
1 small ripe avocado, peeled, seeded, and coarsely chopped
1/3 cup PACE picante sauce
2 Tblsp chopped fresh cilantro
1 Tblsp lemon juice
3/4 tsp garlic salt
1/4 tsp ground cumin

Directions:

1. Combine tomatoes, zucchini, corn, and avocado in large bowl.
2. Combine remaining ingredients; mix well.
3. Pour over vegetable mixture; mix gently.
4. Chill 3 to 4 hours, occasionally stirring gently.
5. Stir gently and serve chilled or at room temperature with additional picante sauce.

Makes 4 to 6 servings, about 4 cups salsa

FRUIT SALSA & CINNAMON CHIPS

Ingredients:

- 1 cup finely chopped strawberries
- 1 medium orange, peeled and finely chopped
- 1 kiwifruit, peeled and finely chopped
- 1 can (8 oz) unsweetened crushed pineapple, drained
- 1 Tblsp lemon juice
- 1 1/2 tsp sugar

Cinnamon Chips:

- 10 flour tortillas (8 inches)
- 1/4 cup butter, melted
- 1/3 cup sugar
- 1 tsp ground cinnamon

Directions:

1. In a small bowl, combine the first six ingredients. Cover and refrigerate until serving.
2. For chips, brush tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets.
3. Bake at 350° for 5-10 minutes or just until crisp. Serve with fruit salsa.

Yield: 2-1/2 cups salsa (80 chips).

Shanee Popwell
Junior
Salsa
Collingsworth County

PINEAPPLE SALSA

- 2 cups fresh pineapple, chopped
- 1 cup chopped red and green bell pepper
- 1/2 cup sweet onion slivers
- 1/4 cup lemon juice
- 3 tablespoons chopped cilantro
- 1 fresh jalapeno pepper, seeded and finely chopped (less or more for taste)

Blend pineapple, bell pepper, onion, lemon juice, cilantro and jalapeno pepper in medium bowl. Refrigerate, covered 4 to 24 hours. Serve with chips, melba toast, or crackers.

Could be used as topping on grilled chicken or seafood.

Cameron Warren
Intermediate
Salsa
Collingsworth County

BLACK BEAN SALSA

1 can black beans drained and rinsed
½ cup chopped tomato
A cup frozen corn
3 tablespoons apple cider vinegar
3 tablespoons oil
½ tablespoon minced garlic
1 teaspoon salt
1 tablespoon sugar
½ teaspoon pepper
½ cup diced red onion
2 tablespoons chopped cilantro

Mix all ingredients and refrigerate.

Amnesty Oatman
Junior
Salsa
Donley County

BLACK BEAN SALSA

2 (15-ounce) cans black beans, rinsed and drained
1 (17-ounce) package frozen whole kernel corn, thawed
2 large tomatoes, seeded and diced
1 large avocado, peeled and diced
1 small onion, diced
1/8 to 1/4 cup chopped fresh cilantro leaves
2 tablespoons lime juice
1 tablespoon red wine vinegar
Salt and pepper to taste

Mix all ingredients thoroughly in a large bowl. Cover and chill overnight. Taste and add salt, pepper or more lime juice as necessary. Serve with tortilla chips. 12 Servings.

Kelly Osborn
Junior
Salsa
Gray County

FRUIT SALSA

- 2 kiwis, peeled and diced
- 2 golden delicious apples peeled, cored, and diced
- 8 ounces raspberries
- 1 16 ounce strawberries diced
- 2 Tablespoons white sugar (more or less to taste)
- 1 Tablespoon brown sugar (more or less to taste)
- 3 Tablespoons fruit preserves, any flavor

In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, sugars, and fruit preserves.

Cover and chill at least 15 minutes.

Best served same day so mixture does not get runny.

Matt Miller
Junior
Salsa
Hall County

MILLER FAMILY SALSA

- 1 large can of diced tomato
- 1 large onion
- 1 Jalapeno Pepper (if you want hotter salsa, add another pepper)
- 4 Cloves of garlic
- 1 bunch of Cilantro
- 1 Teaspoon Cumin
- 1 Tablespoon Lime Juice
- Salt & Pepper to taste

Put onion, jalapeno, and garlic into food processor and chop until its real fine. Then add cilantro, cumin, lime juice, and salt and pepper blend again until cilantro is chopped up. Finally add the can of diced tomatoes and chop until you have the desired consistency. Place in jars and refrigerate promptly. Enjoy with your favorite dish or with chips

Maggie Davis
Junior
Salsa
Hansford County

PICO DE GALLO

(Salsa Fresca)

2-3 fresh ripe tomatoes, diced
½ large white onion, diced
3 fresh medium jalapenos, seeded and diced
1 tablespoon freshly chopped cilantro
2-3 teaspoons freshly squeezed lime juice
Salt, to taste

Combine all the ingredients. Makes 2 cups.

Pico de Gallo is an uncooked salsa that should be made with the freshest ingredients. Use good fresh vegetables and chop onions and tomatoes into good-sized chunks; that way it will really stay on the chips when dipped! Remember to always rinse fresh vegetables thoroughly before preparation. It's also a good idea to let some of the tomato juice run off before adding them; this keeps the "Pico" from being too liquid.

*Pico de Gallo—Spanish term for "rooster's beak." It is so called because originally it was eaten with the thumb and forefinger. Eating the salsa resembled the actions of a pecking rooster!"

Tequita Ellis
Junior
Salsa
Hartley County

AVOCADO SALSA

Ingredients:

2 avocados peeled & chopped
2 tomatoes chopped
1 tablespoon lime juice
1 tablespoon lemon juice
2 tsp. minced garlic
1 tablespoon jalapenos minced
1 tablespoon cilantro
1 tsp. ground cumin
½ tsp. salt

Combine ingredients and refrigerate at least 1 hour.

CUCUMBER SALSA

2 medium cucumbers, peeled, seeded and chopped
2 medium tomatoes, chopped
½ cup chopped green pepper
1 jalapeño pepper, seeded and chopped
1 small onion, chopped
2 teaspoons minced fresh cilantro
2 tablespoons lime juice
½ teaspoon dill weed
½ teaspoon salt
½ teaspoon ground black pepper

In a bowl, combine the above ingredients, cover and refrigerate for 1 hour. Serve with chips. Yield: 4 cups

Chloe Walser
Intermediate
Salsa
Hemphill County

MISTIE'S SALSA

2 large cans of stewed whole tomatoes-drained
¼ of a white onion
¼ of a red onion
1 jalapeno
½ a bunch of cilantro – no stems
2 cloves of garlic
1 tsp. salt
1 tsp. pepper

Drain tomatoes and dump into blender or food processor. Add other ingredients and mix until well blended.

TRIPLE FRUIT SALSA

Ingredients:

1 cup fresh pineapple or canned pineapple tidbits, diced and undrained
1 cup fresh mango or papaya, chopped
1 kiwi fruit, peeled and chopped
 $\frac{3}{4}$ cup diced sweet red bell pepper
3 tablespoons fresh cilantro, minced
1½ Tablespoon sugar
2½ Tablespoons white wine vinegar
 $\frac{1}{2}$ teaspoon dried crushed red pepper

Directions:

Combine all ingredients in a small bowl tossing gently. Cover and chill up to 8 hours. Let stand at room temperature before serving. Serve with a slotted spoon. May be served over any grilled meat or with whole wheat cinnamon tortilla chips.

Yield: 2 cups

Serving Size: $\frac{1}{4}$ cup

AVOCADO FETA SALSA

Ingredients:

2 plum tomatoes, chopped
1 ripe avocado-peeled, pitted and chopped
 $\frac{1}{4}$ cup red onion, finely chopped
1 clove garlic, minced
1 tablespoon fresh parsley, snipped
1 tablespoon fresh oregano, chopped
1 tablespoon olive oil
1 tablespoon white wine vinegar
4 ounces crumbled feta cheese

Directions:

1. In a bowl, gently stir together tomatoes, avocados, onion, and garlic. Mix in parsley and oregano. Gently stir in olive oil and vinegar. Then stir in feta cheese. Cover and chill for 2-6 hours. Yield: 12 servings-($\frac{1}{2}$ cup)

Alexa Wilson
Intermediate
Salsa
Ochiltree County

AVOCADO, BEAN AND CORN SALSA

¼ cup vinaigrette
¼ cup thinly sliced green onions
2 Tablespoons chopped cilantro
¼ cup diced red bell pepper
1 teaspoon grated lime peel
1 cup corn
1 fully ripened avocado, halved, pitted, peeled and diced
1-15 ounce can black beans, drained and rinsed
Salt to taste

In a large bowl, whisk together salad dressing, onions and lime peel. Add beans, corn and pepper; toss to coat. Add avocados; toss gently.

Heidi Gruhlkey
Junior
Salsa
Oldham County

SPICY CORN DIP

2-15 oz. can Mexican corn, drained
1 c. mayonnaise
1/8t. garlic powder
salt and pepper to taste
1/2c. sour cream
1t. cayenne pepper
2c. grated cheddar cheese.

Mix all ingredients together and chill at least one hour. Best served with large Fritos.

HOT SAUCE

2 whole fresh tomatoes
1-3 fresh jalapenos
1 can Italian diced tomatoes
1 can Rotel
1 small onion
Salt to taste
Course ground pepper to taste
Cilantro to taste

Combine fresh and canned tomatoes, Rotel, jalapenos, and onion blend in a food processor or Ninja blender. Add salt, pepper and cilantro spices according to taste preference and continue to blend. Serve with corn chips.

Emily Boschen
Intermediate
Salsa
Randall

MANGO CONFETTI SALSA

Ingredients:

1 large mango
1/2 small jicama
1/3 orange bell pepper
1/3 red bell pepper
1 jalapeno pepper, stemmed
1/3 small red onion
1 tbsp fresh lime juice
1/4 tsp salt

Optional: 1/2 tsp Chili Lime Rub (Purchased from Pampered Chef)

Directions:

Remove skin from mango, and peel jicama. Dice mango, jicama, onion and bell peppers into 1-inch pieces. Cut jalapeno in half; remove seeds. Place mango, jicama, bell peppers, jalapeno, and onion in a food processor until coarsely chopped. Add lime juice and salt and stir. Pour salsa into a serving bowl, and sprinkle with the Chili Lime Rub. Serve with tortilla chips, if desired.

Yield: Makes about 2 cups of Salsa

SWEET AND MILD SALSA

2½ peeled and coarsely chopped tomatoes
⅛ chopped onion
¼ (4oz) can diced green chilies
1 tablespoon and ¾ teaspoon white vinegar
¼ cup brown sugar
⅛ teaspoon garlic powder
⅛ teaspoon ground cumin
⅛ teaspoon dried oregano
⅛ teaspoon ground coriander salt to taste
4 tablespoons hot pepper sauce to taste

Combine all ingredients in a Dutch oven or large pot over medium-low heat. Simmer, stirring occasionally, until the salsa reaches your preferred consistency, about 45 minutes. While still hot, pour into blender and mix for 30 seconds on low speed. Store in refrigerator until using.

Houston Hardcastle
Junior Division
Salsa Category
Wheeler County 4-H

MANGO SALSA

¾ cup chopped, peeled mango or peach
½ of a medium red sweet pepper, seeded and finely chopped
2 tablespoons thinly sliced green onion
½ of a jalapeño chile pepper; seeded and finely chopped
1 ½ teaspoons olive oil
¼ teaspoon finely shredded lime peel
1½ teaspoons lime juice
1 ½ teaspoons vinegar
¼ teaspoon salt
1/8 teaspoon black pepper

In a medium bowl, combine above ingredients. Stir until well mixed. Serve with tortilla chips.