

## VEGGIE TOSTADA

Serving Size: 12 servings

### Ingredients:

- 12 tostadas (NUT FREE)
- 15 oz. can refried beans
- 15 oz. can corn
- ½ cup shredded cheese
- 1 bell pepper
- 1 medium tomato
- Salt to taste

### PREP BEFORE CLASS:

Open canned ingredients, drain.

### Directions:

1. Have students chop tomato and bell pepper
2. Pass 1 tostada to each student and spread 1-2 tbsps of refried beans on top.
3. Have students top tostada with chopped bell pepper, tomatoes, corn and cheese as they like.
4. Once made, add fresh guacamole on top!
5. Enjoy!



### DID YOU KNOW?

“Tostada” means “toasted.”

### DID YOU KNOW?

The term Guacamole comes from the Aztec word “ahuacamolli”, which means “avocado soup”



## GUACAMOLE

Serving Size: 12 servings, 1/4 cup per student

### Ingredients:

- 2-3 ripe avocados
- 1 tomato
- 1 lime
- 1 bunch cilantro
- ¾ tsp ground cumin
- Salt to taste
- 1/2 bag tortilla chips (NUT FREE)

### PREP BEFORE CLASS:

Wash fresh ingredients and cut tomato into wedges.

### Directions:

1. Demonstrate how to cut avocado in half, remove the pit and scoop out avocado into mixing bowl. Have students assist with remaining avocados.
2. Have students mash avocado with fork.
3. Have some students dice tomato and mince cilantro and add to the avocado bowl.
4. Have students mix guacamole together.
5. Explain/demonstrate that rolling the lime loosens juice. Cut in half. Have students squeeze juice into small bowl then add to guacamole.
6. Add salt and cumin. Mix. Serve with chips or on tostada.

## SHOPPING LIST

### Ingredients to buy:

- 2-3 ripe avocados
- 2 tomatoes
- 1 lime
- 1 bunch cilantro
- 1 bell pepper
- 12 tostadas (NUT FREE)
- 1/2 bag Tortilla chips (NUT FREE)
- ½ cup shredded cheese
- 1 can refried beans
- 1 can corn

### Ingredients in the bin:

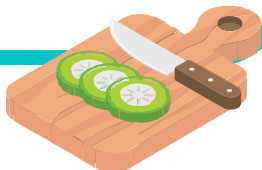
- salt
- cumin

## OBJECTIVES

- Identify at least three staples in Mexican cuisine
- Learn what two forms of tortillas we often eat
- Explain how to pit an avocado

## STAR TECHNIQUE: DICING

- Dicing means to cut an ingredient into small cubes or squares that are about the size of the tip of your thumb or dice that you use in a board game.
- Which tools do you use to dice? Knife, cutting board
- What types of food do you dice? Fruits, veggies, meats
- Why do we dice ingredients? Dicing ingredients makes it easier to mix them into recipes, allows them to cook more quickly and gives you several flavors in one bite.



## INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are making Mexican cuisine! Have you ever tried a Mexican dish before? Name some of the dishes: salsa, guacamole, enchiladas, empanadas, tacos, etc. Common ingredients are beans, corn, rice, avocado, lime, tomatoes, mangos, and chocolate.
- Tortillas are often consumed in Mexico, they are traditionally made from corn but many stores in North America also make flour tortillas. Corn tortillas have lots of fiber and magnesium.

## DEVELOPMENT

🕒 5-7 min

- Use Me-You-Us Technique throughout the class : 1. Teacher demonstrates how to chop veggies 2. A volunteer demonstrates 3. Class repeats.
- As you are chopping discuss knife safety, see Knife Skills section at the beginning of the curriculum for more information
- As you are completing the guacamole recipe, discuss Star Ingredient: avocado

## COOKING PRO: CHOPPING HERBS

To slice herbs like cilantro, place them in a uniform pile before rolling them into a cylinder shape. Secure the roll with one finger, slice crosswise resulting in thin, and ribbon-like pieces. This technique is called chiffonade.

## EXPLORING COMMON MEXICAN INGREDIENTS


Mexican cuisine is renowned for its vibrant flavors, aromatic spices, and diverse array of ingredients.

- **Corn (Maize):** Corn, or maize, holds immense cultural significance in Mexican cuisine. It is a staple ingredient and forms the basis of many traditional dishes. Corn was first domesticated in Mexico around 9,000 years ago and became a staple crop in many Mesoamerican civilizations.
- **Beans:** Beans, particularly black beans and pinto beans, are a vital protein source in Mexican cuisine.
- **Tomatoes:** Tomatoes are an essential ingredient in many Mexican salsas, sauces, and stews.
- **Peppers:** Mexican cuisine features a wide variety of peppers, each with its distinct flavor profile and level of spiciness.
- **Avocados:** See star ingredient.
- **Cilantro:** Cilantro, also known as coriander leaves, is a popular herb used in Mexican cuisine to add freshness and aroma to dishes.
- **Onions and garlic** are fundamental aromatic ingredients in Mexican cooking.
- **Lime:** Limes are a common ingredient in Mexican cuisine, used for their tangy, citrusy flavor. Did you know that Mexico is one of the largest producers of limes in the world.
- **Tortillas** are a cornerstone of Mexican cuisine, serving as the foundation for many dishes.
- **Cheese (Queso Fresco)** is a crumbly and mild white cheese, is commonly used in Mexican cuisine as a topping, filling, or ingredient in dishes like enchiladas, tacos, and salads. The traditional method of making tortillas involves pressing masa, a dough made from corn, into thin, round shapes, which are then cooked on a griddle called a comal.
- **Chocolate:** Chocolate has its origins in Mexico, where ancient civilizations like the Mayan and Aztec cultivated cacao beans and made a bitter beverage called "xocoatl." The word "chocolate" comes from the Nahuatl word "xocoatl," which means "bitter water."

## STAR INGREDIENT: AVOCADO

- **What are avocados?** Avocados are fruits that grow on avocado trees, prized for their high nutrient value, good flavor and rich texture. The avocado is often referred to as a superfood because of its many health benefits.
- **Where do avocados grow?** Nearly 95% of the avocados in the U.S. are grown in Southern California. In fact, the avocado is the state fruit of California!
- **Why are avocados good for us?** Avocados contain monounsaturated fatty acids, which are a type of healthy fat that can help lower cholesterol. They also contain high amounts of fiber, vitamins and minerals, including more potassium than a banana.

## END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal