

corn + black bean taquitos with green apple avocado salsa + easy kid-salsa



For this week's recipe, we will go south of the border! There will be lots to chop this week. Rolling the filling is cool too... Have fun and happy cooking! – Erin

chop+sauté

Have kids chop up **1 small onion**, **2 cloves of garlic** and **1 C of spinach**. Chop up **2 large tomatoes**.

Grown-ups: Heat up a skillet over medium heat. Sauté onion and garlic for 3 to 5 minutes, or until soft, translucent and fragrant. Add the chopped tomatoes and cook for another 3 minutes.

stir

Have kids stir in **1 can of black beans** (drained and rinsed) and **2 tsp mild chili powder** into to the skillet with the onions. Simmer for 5 minutes, or until most of liquid has evaporated. Remove from heat. Add the chopped spinach to wilt.

grate

While the beans cook, have the kids grate **8 oz of your favorite cheese** (jack, colby, pepper jack, cheddar or cojito are good choices) Set to the side.

mash

After the beans have cooled a bit, transfer the beans to a bowl. Have kids mash beans up with a wooden spoon or potato masher until mixture is thickened but still chunky, and some beans remain whole. Stir in **1 C of fresh or frozen (and thawed) corn** into the bean mixture. Set to the side.

whip+whisk+frost

Tortilla time! Heat your oven to 375 degrees. To insure proper rolling, corn tortillas need to be warmed up so they don't crack. Take **1 package of small corn tortillas** and either wrap them in a clean, damp dish towel and cook on high in the microwave for 1 minutes OR place each tortilla in a lightly oiled skillet and cook on each side until heated through. Have kids spoon a small amount of corn / black bean mixture down center of tortilla. Add a good sprinkle of cheese into the tortilla. Roll tortilla around filling, and secure closed with toothpick. Bake taquitos for 5 to 10 minutes, or until tortillas are browned and crisp. **Serve with the two salsas [next step below] and sour cream. MUY DELICIOSO!**

fun food facts:

What are Taquitos? (from the Spanish diminutive of taco) is a Mexican food dish consisting of a small rolled-up tortilla and some type of filling, usually beef or chicken. The filled tortilla is crisp-fried. Corn (maize) tortillas are generally used to make taquitos, although flour is sometimes used.

Taquitos were actually invented in San Diego. when customers at a tortilla factory began asking for prepared food items. The tortilla factory became El Indio Restaurant, where taquitos and other Mexican food are still served.

[continued]



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green apple avocado salsa



measure+dice

While the Taquitos cook, have kids make the salsas! Have kids measure **1 T honey** (or sugar) and **1 tsp salt** and **pinch of pepper** in a medium sized bowl. Dice up (as small as possible) **¼ of a red onion**, **2 avocados** and **1 granny smith apple**.

Squeeze+tear+toss

Have kids squeeze the juice from **2 limes** over the top of the salsa. Tear up **1 handful of fresh cilantro** and add to the bowl. Toss well!

'kid' salsa



chop+drizzle+blend

Remember, when I said this was going to be easy? Have kids chop **4 large tomatoes**, tear up **2 T of fresh cilantro**, **1 very small clove of garlic** and **a drizzle of olive oil**... Measure out a **1-½ tsp of sea salt** and add everything into your blender. Blend.... **DONE! And YUM!**



What is Salsa? Salsa, which has been America's favorite condiment since 2000—kicking off ketchup as #1—actually has been a favorite condiment for thousands of years. The chile has been domesticated since about 5200 B.C.E., and tomatoes by 3000 B.C.E. both in Central America. The two were combined into a condiment, which the Conquistadors named “salsa,” or sauce.

What is Corn?

- ★ **Corn is a tall plant grass** that has large ears with many seeds or kernels.
- ★ **These seeds** grow in rows on the larger ears and are eaten as a vegetable.
- ★ **Corn is grown as food** for both people and animals.
- ★ **Corn is also called** Maize, is a cereal grass related to wheat, rice, oats...
- ★ **Choose** ears of corn with yellow or white niblets and inspect each ear of corn before buying. Avoid any corn that has dark spots,
- ★ **Store** corn in the fridge until ready to use.
- ★ **Corn is high in Vitamin B**, Fiber, Vitamin C and Thiamin.

What has ears but cannot hear? A field of corn!

What did the baby corn say to the mom corn? Where is my pop corn?!

