

# kid-made refried bean tostadas + super simple salsa + sweet pea guacamole

## cook+mash

**Grown-ups:** Heat a skillet, with **4 T olive oil** over medium heat. Add the **2 cloves garlic** and cook, stirring constantly, for a minute or two. BEWARE OF BURNERS, **add 2 (15 oz) cans of pinto beans** into the skillet and turn skillet TO LOW HEAT (with ALL their liquid) and have kids start smashing beans with a potato masher or the back of a wooden spoon. Keep stirring and mashing until you get the texture that you like, then continue cooking, stirring frequently, until the beans are the consistency of soft mashed potatoes. Add a **pinch of salt** and **½ tsp cumin**. No need to cook too long (5 -8 min or so). Taste and season with more salt if needed. Set to the side.

## chop+snip+grate

While beans cook, have kids chop or snip (with clean scissors) **½ head of romaine lettuce**, grate **8 oz of jack cheese**, and chop-up **a handful of black olives**.

## serve

Time for sweet pea guacamole! Get **2 avocados**. Have kids feel the leathery fruit, ask them what they think of it and if they know what it is! Have kids do the bridge cutting method and cut the avocado lengthwise around the pit. Twist to open the avocado. **Grown-ups:** remove the pit with a knife. Have kids peel the avocado skin and chop the fruit and add to big bowl. Have kids squeeze the juice of **1 lime** into the bowl with the avocado. Add **½ C of frozen (thawed) peas** and smooch, smooch, smooch... together until smooth. Have kids add a pinch of salt and pepper (add more to taste) – The peas make the guacamole low-fat and stretches the pricy avocado to go farther... and it's yummy too [of course!]

## blend

Kid salsa time! Remember, when I said this was going to be simple? Have kids chop, tear and measure **4-5 large ripe tomatoes**, **1 tsp onion powder**, **2 T fresh cilantro** and **2 tsp salt** (more to taste) into your blender, add the lid and blend. DONE! Add to top of tostadas!

## build+eat

Get **one package of pre-made tostadas shells**... Layer with kid-made refried beans, jack cheese, all of the veggies, the guacamole, kid salsa—and serve with sour cream... **Ole!**

## fun food facts:

**Pinto beans got their name from the Spanish word "pintado," which means "painted."** Sometimes called the poor man's meat, they have been enjoyed for centuries all over the world in a variety of dishes. Beans were one of the first foods gathered, according to archeologists.

★ Domesticated over 8,000 years ago.

★ Black beans are high in fiber, protein and are a great source of iron, magnesium, and zinc.

**Which bean is the most intelligent?** The Human Bean!



Mixing & Measuring & Knife Skills, Oh My!

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