



## **Kid-Innovated Totally Tasty Tostadas + Skillet Refried Beans + Mexican Chili Limeade**

By Erin Fletter

**Prep Time 40 / Cook Time 6 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 2 big garlic cloves

☐ 4 green onions

☐ 6 oz cherry tomatoes

☐ 1 bunch red radishes

☐ 1/2 head iceberg lettuce

☐ 2 large carrots

☐ 1 ripe avocado

☐ 1/2 can black olives

☐ 1 handful fresh cilantro

☐ 5 limes

☐ DAIRY

☐ 1 T butter **\*\*(see allergy subs below)\*\***

☐ 6 oz shredded Monterrey Jack or Cotija or Queso Fresco cheese **\*\*(see allergy subs below)\*\***

☐ 1 small container sour cream **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 2 T olive or vegetable oil

- ☐ 1 15-oz can pinto beans **\*\*(see allergy subs below)\*\***
- ☐ 1/2 tsp ground cumin
- ☐ 1 1/4 tsp salt
- ☐ 1 package round tostada shells or tortilla chips **\*\*(see allergy subs below)\*\***
- ☐ 1/4 to 1/2 C sugar
- ☐ 1/4 tsp mild chili powder
- ☐ HAVE ON HAND
- ☐ 4 C cold water

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**mince:** to chop into teeny tiny pieces.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- ☐ Cutting board + kid-safe knife
- ☐ Medium skillet
- ☐ Measuring spoons
- ☐ Can opener
- ☐ Wooden spoon
- ☐ Potato masher (optional)
- ☐ Medium mixing bowl

- ☐ Box grater
- ☐ Citrus juicer (optional)
- ☐ Blender (or pitcher + immersion blender)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup

## Ingredients

### Kid-Innovated Totally Tasty Tostadas + Speedy Skillet Refried Beans

- ☐ 2 big garlic cloves
- ☐ 4 green onions
- ☐ 2 T olive or vegetable oil
- ☐ 1 15-oz can pinto beans **\*\*(for LEGUME ALLERGY sub 2 mashed avocados and 1 15-oz can of corn)\*\***
- ☐ 1/2 tsp ground cumin
- ☐ 1 tsp salt
- ☐ 1 T butter **\*\*(for DAIRY ALLERGY sub olive oil)\*\***
- ☐ 6 oz cherry tomatoes
- ☐ 1 bunch red radishes
- ☐ 1/2 head iceberg lettuce
- ☐ 2 large carrots
- ☐ 1 ripe avocado
- ☐ 1/2 can black olives
- ☐ 1 handful fresh cilantro
- ☐ 1 lime
- ☐ 1 package round tostada shells or tortilla chips **\*\*(for CORN ALLERGY sub wheat tortillas, if no gluten allergies are present, or grain-free plantain chips)\*\***
- ☐ 6 oz shredded Monterrey Jack or Cotija or Queso Fresco cheese **\*\*(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese, like Daiya brand)\*\***
- ☐ 1 small container sour cream **\*\*(Omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)\*\***

### Mexican Chili Limeade

- ☐ 4 limes
- ☐ 1/4 to 1/2 C sugar
- ☐ 4 C cold water
- ☐ 1 pinch salt
- ☐ 1/4 tsp mild chili powder

## Food Allergen Substitutions

### Kid-Innovated Totally Tasty Tostadas + Speedy Skillet Refried Beans

**Legume:** Omit the 15-oz can of pinto beans and mash 2 avocados to spread over tostadas, then top with 15-oz can of corn (drained) and other tostada toppings of choice.

**Corn:** Substitute wheat tortillas if no gluten allergies are present or Siete Brand Grain-Free Plantain Chips for Tostadas.

**Dairy:** Substitute olive oil for butter in Refried Beans. Omit cheese and sour cream or substitute dairy-free cheese and sour cream for Tostada toppings.

### Mexican Chili Limeade

## Instructions

### Kid-Innovated Totally Tasty Tostadas + Speedy Skillet Refried Beans

mince + slice + saute + cool

Have kids peel and mince **2 garlic cloves**. Thinly slice or tear **4 green onions**. Add **2 tablespoons of olive oil** to a medium skillet and sauté the minced garlic and sliced green onions for 1 minute. Then add **1 can of pinto beans** (dump the whole can in without draining it). Season with **1/2 teaspoon ground cumin** and **1 teaspoon salt**. Sauté for 3 to 5 minutes. Turn off the heat, stir in **1 tablespoon butter** until it melts, and let beans cool slightly.

mash + taste + season

Once the beans have cooled a bit (they can be warm but not hot), transfer them to a mixing bowl and have kids mash them with the back of a wooden spoon or a potato masher until they're creamy and smooth. Taste and add more salt or cumin if you want!

chop + slice + grate

Chop up **6 ounces of cherry tomatoes** and **1 bunch of red radishes**. Thinly slice **1/2 head of iceberg lettuce**. With help from an adult, carefully grate **2 large carrots** using a box grater. Adults: Cut **1 avocado** in half, remove the pit, and slice the flesh of each half thinly before scooping out the slices from

the shell. Slice **1/2 can of black olives**. Chop or tear up a handful of fresh cilantro leaves and slice **1 lime** into squeezable wedges.

### spread + top

To assemble tostadas: Spread a layer of refried beans onto each tortilla. Top with kids' choice of shredded lettuce, chopped tomatoes, shredded carrot, radishes, black olives, cilantro, **shredded cheese**, and **sour cream**! It's fun to let kids decide how they're going to build their own tostadas. For example, will they break up the tostada shell or keep them whole?

## Mexican Chili Limeade

### squeeze + add + blend

Squeeze the juice from **4 limes** into a blender or pitcher (for use with an immersion blender). Add **1/4 to 1/2 cup sugar**, **4 cups of cold water**, **1 pinch of salt**, and **1/4 teaspoon mild chili powder**. Blend until smooth and frothy! Pour into cups and Salud! ("Cheers" in Spanish!).

## Featured Ingredient: Pinto Beans!

Hi! I'm Pinto Bean!

"Do you know what a bean with freckles is called? A pinto bean! Yep, we "frijoles pintos" (that's "pinto beans" in Spanish) have speckled skin, just like a pinto horse! We're especially popular in Mexican, Spanish, and Brazilian cuisines."

### History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein. Pinto beans are the most widely produced bean in the United States.

Dove Creek, Colorado, proclaims itself the Pinto Bean Capital of the World, and in New Mexico, the Pinto Bean is one of the official state vegetables!

## Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

Pinto beans got their name from the Spanish word "pintado," which means "painted."

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

## How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they are popped from their shells.

Before pinto beans are cooked, they are pale pink in color with reddish-brown speckles.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

## Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our

tummies happy.

Beans are excellent sources of iron, magnesium, manganese, phosphorus, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are also good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

#### Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth