



Terrific Tomatillo Chilaquiles + Super Speedy Horchata

By Erin Fletter

Prep Time 20 / Cook Time 20 / Serves 4 - 6

Shopping List

- FRESH
- 1/2 to 1 lb fresh tomatillos (or tomatoes if you cannot find tomatillos)
- 2 green onions
- 2 garlic cloves
- EGGS
- 4 eggs ****(see allergy subs below)****
- PANTRY
- 2 to 4 large handfuls tortilla chips
- 1 tsp salt to taste
- 1 tsp ground black pepper to taste
- 3 T vegetable oil ******
- 1/2 C + 1 tsp sugar, to taste
- 1/2 C vegetable stock ******
- 1/2 to 1 tsp mild chili powder
- 1 7-oz can sweetened condensed milk ****(see allergy subs below)****
- 1/4 C rice flour, like Goya brand
- 1 tsp pure vanilla extract ****(see allergy subs below)****
- 1/2 tsp ground cinnamon

HAVE ON HAND

8 C water

ice

CHILAQUILES TOPPING OPTIONS

shredded or crumbled Monterey Jack, cheddar, mozzarella, Cotija, or Parmesan cheese ******(see allergy subs below)******

1/2 C fresh cilantro leaves

1 fresh tomato, diced

2 fresh limes, sliced

1/2 C sour cream, for a dollop on top of each serving ******(see allergy subs below)******

1 C corn kernels, to sprinkle on top

1 C can black olives, sliced

1 avocado, diced

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

peel: to remove the skin or rind from something using your hands or a metal tool.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

scramble: to stir or beat eggs, blending the whites and yolks together, before cooking the eggs or dipping meat or vegetables into them so flour and breadcrumbs stick better when breading and frying.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

Large nonstick skillet

Medium nonstick skillet

Cutting board

Kid-safe knife

- Wooden spoon
- Measuring spoons
- Liquid measuring cup
- Medium bowl
- Whisk
- Pitcher
- Dry measuring cups
- Can opener

Ingredients

Terrific Tomatillo Chilaquiles

- 2 to 4 large handfuls tortilla chips
- 1/2 tsp salt, to taste
- 1/2 tsp ground black pepper, to taste
- Chilaquiles sauce:
 - 1/2 to 1 lb fresh tomatillos (or tomatoes if you cannot find tomatillos)
 - 2 green onions
 - 2 garlic cloves
 - 2 T vegetable oil**
 - 1 tsp sugar
 - 1/2 C vegetable stock **
- Scrambled eggs:
 - 1 to 3 tsp vegetable oil ** for cooking
 - 4 eggs **(for EGG ALLERGY sub 8 oz extra firm tofu, if no soy allergy present)**
 - 1/2 tsp salt
 - 1/2 to 1 tsp mild chili powder
- Toppings options (choose 1-8):
 - shredded or crumbled Monterey Jack, cheddar, mozzarella, Cotija, or Parmesan cheese **(for DAIRY

ALLERGY sub dairy-free/nut-free cheese shreds)**

- 1/2 C fresh cilantro leaves
- 1 fresh tomato, diced
- 2 fresh limes, sliced
- 1/2 C sour cream, for a dollop on top of each serving **(Omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)**
- 1 C corn kernels, to sprinkle on top
- 1 C can black olives, sliced
- 1 avocado, diced

Super Speedy Horchata

- 8 C water
- 1 7-oz can sweetened condensed milk **(for DAIRY ALLERGY sub 1 7-oz can coconut milk)**
- 1/4 C rice flour, like Goya brand
- 1 tsp pure vanilla extract **(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**
- 1/2 tsp ground cinnamon
- 1/2 C sugar, to taste
- ice

Food Allergen Substitutions

Terrific Tomatillo Chilaquiles

Celiac/Gluten/Soy: Check vegetable stock labels for possible allergens and, if necessary, use water only.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Egg: For 4 eggs, substitute 8 oz extra firm tofu, if no soy allergy is present. Drain and press the tofu in a clean towel before using.

Dairy: For optional cheese topping, substitute dairy-free/nut-free cheese shreds. Omit optional sour cream topping or substitute dairy-free/nut-free sour cream.

Super Speedy Horchata

Dairy: For 1 7-oz can sweetened condensed milk, substitute 1 7-oz can coconut milk.

Celiac/Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Terrific Tomatillo Chilaquiles

intro

Hola! Today's recipe will be Chilaquiles! It's a traditional Mexican breakfast dish made with scrambled eggs and tortillas. Tortilla chips will be mixed into the scrambled eggs, which results in a uniquely satisfying meal.

peel + wash + chop

Have your kids peel off the papery husks from **1/2 to 1 pound of fresh tomatillos** and wash or wipe off the waxy coating. Then, kids get to chop them up very well and set them aside. Next, have kids chop **2 green onions** and **2 garlic cloves**.

heat + stir

Heat a nonstick skillet to medium-high and add **2 tablespoons vegetable oil** and the **chopped green onions**. Cook, stirring frequently, until soft and slightly browned, about 3 minutes. Then add **1 teaspoon of sugar** and the **chopped garlic** and cook for 3 minutes more.

pour + heat

Add the **chopped tomatillos** and pour in **1/2 cup vegetable stock**. Heat until bubbly, then reduce heat to low and simmer for 5 to 10 minutes until it gets pretty thick.

crack + whisk + scramble

If using eggs (tofu step below): Crack **4 eggs** into a bowl and have kids measure and add **1/2 teaspoon salt** and **1/2 to 1 teaspoon of mild chili powder**. Take turns whisking the eggs with your kids while you count together in Spanish: 1 uno (OOH-noh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAH-troh), 5 cinco (SEEN-koh), 6 seis (SAY-ehs), 7 siete (see-EH-tay), 8 ocho (OH-choh), 9 nueve (NWEH-vay), 10 diez (DEE-ehs). Add **1 to 3 teaspoons of vegetable oil** to another nonstick skillet and cook the scrambled eggs until set, about 3 to 4 minutes. Remove from the heat, and set them aside.

crumble + combine

If using tofu: Have kids crumble **8 ounces extra firm tofu** that has been drained and pressed in a clean towel, and combine with the tomatillo sauce from Step 4 in your skillet (the sauce adds more flavor). Add **1/2 teaspoon salt** and **1/2 to 1 teaspoon mild chili powder**.

throw + mix + coat

Have kids throw in **2 to 5 big handfuls of tortilla chips** and stir gently to coat with the sauce. Add the scrambled eggs, along with some extra salt and black pepper to taste. Heat for 2 to 4 more minutes until the tortilla chips just begin to soften. Transfer the chilaquiles from the skillet to a serving bowl or individual plates.

top + create + eat

Add selected toppings to your chilaquiles. "Comer bien mis amigos" or "Eat well my friends" in Spanish!

Super Speedy Horchata

intro

"Horchata" is Mexican "rice water," and it tastes like rice pudding! Yum! The original recipe requires you to use actual rice, which takes a full day to make. This is a fast, refreshing Sticky Fingers Cooking® version using rice flour instead!

fill + measure + whisk

Have your kids pour **3 cups of water** into a pitcher, then measure and add **1/4 cup rice flour, 1 teaspoon vanilla extract**, and **1/2 teaspoon cinnamon**. Whisk well to ensure there aren't any clumps.

add + pour

Have kids add the remaining **5 cups of water**. Now, have them pour in **1 can of sweetened condensed milk** and about **1/2 cup of sugar** to taste. Stir and mix well. Serve over ice. "Salud" (Sah-lood) or "Cheers" in Spanish!

Featured Ingredient: Tomatillo!

Hi! I'm Tomatillo!

"I'm a fruit, like a tomato, and I wear a dry, papery covering around me called a "husk." I look a bit like a small round paper lantern. If you've ever had a taco or enchilada with salsa verde or green sauce, you've eaten a tomatillo!"

History & Etymology

The tomatillo is also known as the Mexican husk tomato. Tomatillos look like green tomatoes under the papery husk that covers the fruit.

Tomatillos are native to Mesoamerica and were cultivated by the Aztecs.

Mexico is the largest producer of tomatillos, followed by Guatemala.

The Spanish word "tomatillo" ("little tomato") is a diminutive form of "tomate" (tomato) from the Nahuatl (or Aztec) "tomatl."

Anatomy

The tomatillo plant (*Physalis philadelphica*) is from the Solanaceae or nightshade family. Other plants in the nightshade family are tomatoes, potatoes, eggplant, and peppers.

The flowering plant is a perennial, but is grown as an annual. The plants are an average of 3 to 4 feet tall. They prefer to grow in full sun and warm temperatures. The small yellow flowers each have five petals with dark spots at the base.

The leaf-like sepal at the base of the flower expands around the developing fruit, forming the husk, which surrounds the fruit as it grows. The fruit is a green spherical shape, 1 to 3 inches in diameter. Some varieties may be yellow or purple when ripe.

How to Pick, Buy & Eat

Tomatillos are ready to harvest when the fruit fills the husk. In the grocery store, look for bright green fruit that fills its papery covering. The fruit should be firm with no soft spots or yellowing, which may indicate it is overripe.

Tomatillos are generally eaten when they are still green and tart. They can be stored at room temperature for one week. Ripe tomatillos can be stored in the refrigerator for about two weeks. Remove the husk and rinse the fruit before eating or cooking with it.

Tomatillos are a staple of Mexican and Central American cuisine. They are often roasted before being added to sauces and other recipes.

Tomatillos can be found in salsa verde (green sauce), green enchilada sauce, chilaquiles with green sauce, chile verde (stew), posole verde (stew), soups, salads, and meat dishes.

You can also pickle tomatillos to use as a flavorful garnish for tacos, enchiladas, hamburgers, and pizza.

Nutrition

Tomatillos are a good source of potassium and vitamins C and K.