

Amazing Avocado Cornmeal Puerto Rican Stuffed "Sorullitos" + Kid-Made Avocado Cilantro Salsa + Iced Hibiscus Tea Splash



avocado cornmeal puerto rican stuffed "sorullitos"!

measure + stir + simmer!

Measure **2 C water**, **1 T butter/olive oil**, **3 T sugar**, and **1/2 tsp salt** and add to a cold skillet. Stir and bring to a simmer! Add **1 C cornmeal** to the skillet and stir until it dissolves. Add the last **1/2 C of cornmeal** to your skillet, turn off the heat, and stir. Cornmeal dough will be soft and a little sticky, and not too watery or stiff. Scoop cornmeal dough into a mixing bowl and save your skillet for frying.

dice + shred + add + mix!

Dice **1 small ripe avocado** (after cutting down the equator, twisting, and scooping out the flesh!). Shred **5 oz cheddar or Jack cheese**. Add shredded cheese to the cornmeal dough and mix it in!

flatten + stuff + hide!

Break off a golf ball-sized piece of cornmeal dough and flatten in your hands. Tip: dip your hands in water before touching the dough - this will help to prevent it from sticking to your hands as you shape your Sorullitos! Press a piece of diced avocado into the middle of your dough cake. Wrap the dough around the avocado to hide it! Repeat until you've used all of your cornmeal dough.

Family Fun Recipes

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heat + flatten + fry!

Add **2-3 T olive oil or butter** to your skillet. Heat the oil, then add your dough balls to the skillet carefully! Use a spatula to flatten them as they fry. When one side is golden brown, flip to fry the other side. Rest Sorullitos on a paper-towel lined plate as you fry the rest in batches. Top with Kid-Made Avocado Cilantro Salsa and ENJOY!

kid-made avocado cilantro salsa

chop + squeeze + mix!

Chop up **1 ripe tomato or a handful of cherry tomatoes**, **2 green onions**, and leaves from **4 stalks of cilantro**. Chop the flesh of **1 ripe avocado**. Add to a mixing bowl. Squeeze the juice of **2-3 limes** and **1/2 an orange**. Add **salt, cumin**, and **chili powder** to taste. Mix!

iced hibiscus tea splash

pour + squeeze + steep + mix!

Pour **3 C cold water** and **1/4 - 1/2 C sugar** into a pitcher! Squeeze in juice from **1/2 an orange** and **1 lime**. Add **3 Hibiscus tea bags**. Let steep for at least 30 minutes, then remove tea bags, mix to dissolve sugar, and add **1 C ice**. Pour into cups and **Salud!**

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shopping list!

Avocado Corneal Stuffed Sorullitos

- 3-4 T olive oil or butter
- 3 T sugar
- 1/2 tsp salt
- 1 1/2 C corneal (preferably finely ground!)
- 1 small ripe avocado
- 5 oz cheddar/Jack cheese

Kid-Made Avocado Cilantro Salsa

- 1-2 small ripe avocados
- 4 sprigs cilantro
- 1 ripe tomato or handful cherry tomatoes
- 1/2 orange
- 1 lime
- Cumin, chili powder, & salt to taste

Iced Hibiscus Tea Splash

- 3 Hibiscus tea bags
- 1/2 orange
- 1/4 - 1/2 C sugar
- 1 lime

::continued::



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Let's Learn about Avocados!

Avocados originated in Mexico and Central America where Spanish is the national language. Their history dates back 7,000 years ago.

Avocado in Spanish is “aguacate!”

These days, avocados are grown all around the globe and are no longer just the stars of Mexican food - you'll find us in recipes all around the world!

The most popular avocado available now is known by the name of “Hass.” All Hass avocados are descendants of a ‘mother tree’ that grew in the backyard of a man’s house in California.

Another name for an avocado is “alligator pear!”

Avocados have a seed, or pit! Botanically-speaking, that makes them a fruit! Technically, avocados are berries. Berry interesting, no?

One avocado tree can grow between 150-500 avocados in a year!

GOOD FAT! Avocado is one of only a few fruits to contain fat - the special kind that’s really good for you - the type that keeps you healthy. It’s a source of essential fatty acids and is mostly the same kind of healthy fat found in olive oil. What body part needs this type of fat?!
The BRAIN!

Let's Learn about Puerto Rico!

Puerto Rico is a beautiful island located in the Caribbean Sea directly East of The Dominican Republic.

Puerto Rico translates to “Rich Port” in English, and was named so because when Christopher Columbus landed on the island during his voyage, he found gold in the rivers and streams!

Puerto Rico is officially a bilingual nation: Spanish and English are the official languages.

PR is home to the world’s largest living reptile, the leatherback sea turtle!

Puerto Rico has the world’s largest telescope. Built into a natural limestone sinkhole, the telescope is made of nearly 40,000 perforated aluminum panels covering an area of about twenty acres.

Time for a laugh!

What are Avocados favorite kind of music? **Grock 'N' Mol (guacamole)**

What did the avocado say to the fork? **“You guac my world.”**

What did one chip say to the avocado dip? **Well, this is guacward... (dip, scoop, munch!)**

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