

Kid-Innovated Totally Tasty Tostadas + Speedy Skillet "Refried" Beans + Mexican Chili Limeade



speedy skillet "refried" beans + totally tasty
tostadas

mince + slice + sauté + cool

Have kids peel and mince up **2 big cloves of garlic**. Thinly slice or tear **4 green onions**. Add 2 T olive oil to a medium skillet and sauté the minced garlic and sliced green onions for a minute. Then add **1 15-oz can pinto beans** (dump the whole can in without draining it). Season with **½ tsp ground cumin** and **1 tsp salt**. Sauté for 3-5 minutes. Turn off heat, then stir in **1 T 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. Take a taste and add more salt or cumin if you want!

chop + slice + grate

Chop up **6 oz cherry tomatoes** and **1 bunch red radishes**. Thinly slice **½ head 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 **½ can black olives**. Chop or tear up the leaves of a **handful fresh cilantro**. Slice **1 lime** into squeezable wedges.

Family Fun Recipes

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spread + top

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

mexican chili limeade

squeeze + add + blend

Squeeze the juice from **4-5 limes** into a blender. Add **¼ - ½ C sugar**, **4 C cold water**, a pinch of salt, and **¼ tsp mild chili powder**. Blend until smooth and frothy! Pour into cups and **SALUD!** (cheers in Spanish!)

::continued::



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shopping list!

Kid-Innovated Totally Tasty Tostadas + "Refried" Beans

- | | |
|---|--|
| <input type="checkbox"/> 1 package round tostada shells or tortilla chips | <input type="checkbox"/> 6 oz shredded Monterrey Jack or Cotija or Queso Fresco cheese |
| <input type="checkbox"/> 1 15-oz can pinto beans | <input type="checkbox"/> ½ tsp ground cumin |
| <input type="checkbox"/> ½ head iceberg lettuce | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 2 big cloves fresh garlic | <input type="checkbox"/> 1 bunch red radishes |
| <input type="checkbox"/> 4 green onions | <input type="checkbox"/> 1 ripe avocado |
| <input type="checkbox"/> 1 T butter | <input type="checkbox"/> ½ can black olives |
| <input type="checkbox"/> 2 T olive oil | <input type="checkbox"/> 2 large carrots |
| <input type="checkbox"/> 6 oz cherry tomatoes | <input type="checkbox"/> Handful fresh cilantro |
| <input type="checkbox"/> Small container sour cream | <input type="checkbox"/> 1 lime |

Mexican Chili Limeade

- 4-5 limes
- ¼ - ½ C sugar
- ¼ tsp mild chili powder

::continued::

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Cooking off the Cuff!

Have kid chefs choose their Tostada Toppings and encourage them to get creative with layering their final creations. Tostadas were invented to make use of tortillas that weren't quite fresh enough to be used for tacos, but that were still good enough to eat. Typically they're eaten whole, with a layer of refried beans spread across the tostada first, then layered with all sources of chopped toppings and either fish or meat or sometimes fried grasshoppers (in Oaxaca, especially!). By giving kids creative liberty in the kitchen within a boundary of ingredients, they learn to explore and trust in their own ability to create delicious food!

Tools used in these recipes: Kid-friendly knives, cutting boards, hands, blender, box grater, wooden spoon or potato masher

Surprise Ingredient Facts + To Be a Kid in Mexico:

In Spanish, the word "tostada" means "toasted." Tostadas are eaten in Mexico and other parts of Latin America.

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

Beans have B-vitamins! High levels of Vitamin B are excellent for the heart and brain: they improve brain function and memory.

It is mandatory for kids to attend elementary school in Mexico. Many children are home-schooled, especially in rural parts of Mexico.

15% of children in Mexico are working by the time they are 12 years old.

Children in Mexico often live with extended family - cousins, grandparents, aunts, and uncles.

Children have two last names! Their father's last name is the first part, and their mother's last name is the second part.

Time for a laugh!

How do you get a mouse to smile? **Say Cheese!**

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

What do you call a lime that opens doors? **A Key Lime!**

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