



Week of: September 7, 2020

Kid-Created 11-Layered Fiesta Nachos + Ultimate Guacamole + Raspberry Limonada Rosa

SHOPPING LIST:

*Families: please prep larger fruits and vegetables for younger kids (cut bell peppers into quarters, for example). Also: for younger kid chefs, please open all cans and discard the metal lids prior to class. This class also requires a full size sheet pan!

Yields: 4-6 servings. For 2-3 servings, feel free to cut the ingredients in half!

- 1 12oz bag **corn tortilla chips***
- 2 ripe avocados
- 1 clove fresh garlic
- Salt
- 1 lime
- 8 small or 4 large lemons
- $\frac{3}{4}$ C sugar
- 6oz fresh raspberries (or use frozen, thawed raspberries)
- 3 C ice
- Optional to add to nachos:** cooked sliced chicken or steak, cooked ground beef or ground turkey with taco seasoning added

ALLERGY SUBSTITUTIONS (for those items with a *)

- Corn tortilla chips:** sub grain-free tortilla chips OR use mini bell peppers sliced in half
- Cheese:** sub Daiya cheese shreds

Choose at least 3 ingredients (especially for younger kid chefs; try to choose at least 2 veggies) and up to 9 ingredients (for older kid chefs!) from the list below:

- 1 can black or pinto beans
- 1 small red onion OR $\frac{1}{2}$ white onion OR 1 bunch green onions
- 1 8oz bag **shredded Mexican style blend cheese OR crumbled queso fresco***
- 1 bell pepper (any color!)
- 8oz cherry tomatoes
- 1 small zucchini
- $\frac{1}{2}$ C canned, frozen, or fresh corn kernels
- $\frac{1}{2}$ C shredded carrots
- 1 small can black olives
- $\frac{1}{2}$ bunch cilantro
- Pickled jalapeno peppers
- Romaine or iceberg lettuce (pre-chop into pieces for younger chefs)
- Sour cream
- Salsa or pico de gallo