



Crispy Tostada

Yield: 6-8 tostadas

Cooking Time: 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 8x 15cm whole wheat tortillas (or corn tortillas)• Olive oil (optional)	<ul style="list-style-type: none">• Kitchen tongs• Spatula

Method:

1. Place a large non-stick frying pan on the stove top. Turn on the heat to medium.
2. Add a couple of drops of olive oil on the tortilla. Spread the oil using a pastry brush or your fingers. This is an optional step.
3. Place the tortilla on the non-stick frying pan. Let it cook for about 5-7 minutes. Using tongs or the spatula, carefully turn the tortilla over and cook the other side until the tortilla is dry, toasted and crispy. Remove to a cooling rack.
4. Repeat with the other tortillas.
5. Eat or store in an airtight container.

Tasty Tip:

- You can eat tostadas with any topping you have at home! It's an easy and quick meal or snack.



Pico de Gallo (Fresh Tomato Salsa)

Yield: About 1 cup (250mL)

Preparation Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 4 small fresh tomatoes (such as Roma tomatoes) • ¼ small onion • A few sprigs cilantro, or to taste • 1 garlic clove • ½ tsp (2mL) salt • ½ lime, juiced • Pinch chili flakes or dash hot sauce (optional) 	<ul style="list-style-type: none"> • Cutting board • Small sharp knife • Medium-sized bowl • Garlic press or micro-plane • Measuring spoons • Juicer or reamer • Soup spoon

Method:

1. Wash the tomatoes. On a cutting board, cut the tomatoes in ½, from the core to the tip. Hold on to the tomato with your hand shaped like a claw to protect your fingers. Cut each half into 1 cm wide slices then cut the slices into small squares. Place in a small bowl.
2. Cut the onion in half from the hairy root end to the tip then cut in half again. Remove the skin from 1/4 onion. (Wrap up and save the other onion pieces in the fridge for another use.) Cut 1/4 onion into 1 cm wide slices. Cut each slice into 1 cm wide strips. Add to the tomatoes.
3. Pick the leaves off of the cilantro then tear the leaves, adding them to the tomatoes.
4. Peel the skin from the garlic and press the clove through a garlic press or grate with a microplane. Add to the tomato mixture.
5. Juice the ½ lime with a juicer or reamer and add to the tomato mixture.
6. Add the salt to the mixture and mix together with a spoon.
7. Let sit for about 15 minutes before eating. Refrigerate any leftovers.

Tasty Tip:

- You can also add chili flakes or hot sauce to the salsa if you like things a little spicy .



Summer Black Bean Dip

Yield: About 1 cup

Preparation Time: About 20 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1x 390g (14oz) can black beans, rinsed and drained• 1 clove garlic, minced• ½ onion, diced• Pinch salt and freshly cracked pepper• Grated zest of 1 small lime• Juice of 1 lime• ¼ cup (50mL) of fresh cilantro• 2 Tbsp (30mL) extra virgin olive oil• ¼ tsp (1mL) ground cumin• 1/8 tsp (0.5mL) chili powder• 1 Tbsp (15mL) water, to thin bean mixture, if too thick• 2 Tbsp (30mL) feta cheese for garnish	<ul style="list-style-type: none">• can opener• strainer• fork• potato masher• microplane or garlic press• measuring spoons• sharp knife• cutting board• juicer or reamer• rubber spatula• medium-sized bowl

Method:

1. Open the can of black beans and pour into a strainer in the sink. Rinse and drain well. Place in medium-sized bowl.
2. With the back of a fork, mash the beans. You may also mash the beans with a potato masher.
3. Peel the garlic clove and grate into the bowl with a microplane or press through a garlic press.
4. Add a pinch of salt and a few grinds of freshly cracked pepper.
5. Using a microplane or grater, grate the zest of 1 lime into the bean bowl.
6. Cut the lime in half. Juice the lime into the bean bowl.
7. Pull the leaves off the cilantro. Rip the leaves into small pieces into the bowl.
8. Add 2 Tbsp (30mL) of olive oil.
9. Measure the ground cumin and chili powder and add it to the bowl.
10. Combine the ingredients until well blended and smooth using a rubber spatula.
11. If the mixture is too thick add another Tbsp (15mL) of olive oil and 1 Tbsp (15mL) of water and blend together.

Tasty Tip:

- May be stored in the fridge for up to 5 days.
- This dip is even better the next day once the flavours have blended together.
- If you have a food processor, you can add all of the ingredients to the food processor and puree until smooth. Have an adult help you with the food processor, as its blade is very sharp blade.
- Take for recess or lunch with some veggies.



Super-Fast Guacamole:

Yield: About $\frac{3}{4}$ cup (175mL)
Preparation Time: About 10 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1 large ripe avocado• $\frac{1}{2}$ lime, juiced• Pinch salt and freshly cracked pepper• $\frac{1}{4}$ tsp (1mL) ground cumin• Dash hot sauce or pinch of red pepper flakes (optional)	<ul style="list-style-type: none">• Small sharp knife• Cutting board• Medium-sized bowl• Spoon• Fork• Juicer or citrus reamer• Measuring spoons

Method:

1. Cut the **avocado** in half and remove the pit with a small spoon. Scoop out the avocado with the spoon and place in a bowl. Mash with a fork.
2. Juice $\frac{1}{2}$ lime into the mixture.
3. Add **salt and pepper** to taste and add the hot sauce, if you wish.
4. Add $\frac{1}{4}$ tsp (1mL) **cumin**.
5. Add the **hot sauce** or **chilli flakes**, if you wish.
6. Mix well with a fork or spoon. Cover with plastic wrap pressed onto the guacamole and use up within one day.