

# Veggie Tostada Recipe



Yield: 4 tostadas

## Ingredients

- 4 tostada shells
- 1 cup Tomato Lime Rice
- 4 cups Cabbage Jalapeño Slaw
- 4 Tablespoons pickled onions
- 4 teaspoons Cotija cheese
- 1 lime, cut in wedges

## Instructions for Adults

Cut limes in wedges.

## Instructions for Kids

- Place tostada shells on a plate. Measure and add 1/2 cup of Tomato Lime Rice on each shell in an even layer.
- Measure and add 1 cup of Cabbage Jalapeño Slaw on top of the rice on each shell.
- Measure and place 1 Tablespoon of pickled onions and 1 teaspoon of Cotija cheese on top of the slaw.
- Serve with a lime wedge.

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# Cabbage Jalapeño Slaw

## Recipe



Yield: 2 1/2 cups slaw

## Ingredients

1/2 a medium-sized head purple or green cabbage,  
shredded, about 4 cups chopped

1 cup cilantro, chopped

1 jalapeño de-seeded and diced, about 1/3 cup (optional)

1/4 cup crema Mexicana or sour cream

1 Tablespoon lime juice

1/4 teaspoon each of garlic powder, onion powder,  
dried oregano, black pepper

## Instructions for Adults

Wearing disposable rubber gloves, de-seed and dice jalapeño.

## Instructions for Kids

- Use a plastic knife to shred the cabbage, cutting it into small strips. Measure and add shredded cabbage to a large mixing bowl.
- Use your hands to tear the cilantro leaves into smaller pieces. Measure and add to the same bowl.
- Add jalapeño (optional), sour cream, lime juice, and spices.
- Use a pair of tongs to toss until cabbage is lightly coated with the dressing. Serve!

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# Tomato Lime Brown Rice Recipe



Yield: 3 cups

## Ingredients

2 cups water

1 cup brown rice

1 cup tomato sauce

1/2 cup black beans, drained

1 lime, zested

1/2 cup sweet corn, frozen and thawed, or fresh and removed from cob

## Instructions for Adults

Assist children to measure and add water, rice, and tomato sauce to a medium saucepan. Stir to combine. Adults place the pan over medium-high heat. Bring to a boil and cover. Turn heat to low. Simmer according to time recommended on the rice package. When cooked, remove from heat and remove lid, allowing to cool slightly for about 5 minutes.

## Instructions for Kids

Fluff rice gently with a fork. Measure and add black beans, lime zest, and sweet corn to the cooked rice. Stir to combine. Serve!

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# Pickled Onion Recipe



Yield: 1 cup

## Ingredients

- 1 large red onion
- 2 limes, juiced (about 1/4 cup)
- 1/4 cup white vinegar
- 1/2-1 cup water, boiled

## Instructions for Adults

Cut the onion into quarters for kids. Start boiling water. Assist children in safe handling of kitchen tools.

## Instructions for Kids

- Use a food chopper to dice the onion one quarter at a time. Place diced onions in a mason jar.
- Juice limes and add to the onion.
- Measure the white vinegar and add to the onions.
- Pour hot water over the onion to cover.
- Seal jar and refrigerate for 3 hours or overnight. Serve!

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