List of Supplies Needed
Lesson 8: Veggie Tostada

General
☐ Lesson plan
☐ Activity worksheet
☐ Recipe

Find detailed lesson plans, printable recipes & more at:
foodliteracycenter.org/lesson8

Cooking
☐ Aprons
☐ Kitchen towel
☐ Disposable rubber gloves
☐ Saucepan with lid to cook rice
☐ Spoon & fork to serve rice
☐ Tongs to toss & serve cabbage slaw
☐ Grater to zest lime
☐ Measuring cups & measuring spoons
☐ Cutting mat or cutting board
☐ Plastic kid knife or butter knife
☐ Chef knife for adults
☐ Small pot for pickled onion recipe
☐ Food chopper
☐ Mason jar
☐ 2 mixing bowls & mixing spoons for slaw & rice

Food & Produce

Tostadas
☐ Tostada shells
☐ Cotija cheese
☐ Lime

Tomato Lime Brown Rice
☐ Brown rice
☐ Tomato Sauce
☐ Black beans
☐ Lime
☐ Frozen or fresh corn

Pickled Onion
☐ Red Onion
☐ Lime
☐ White vinegar

Cabbage Jalapeno Slaw
☐ Cabbage
☐ Cilantro
☐ Jalapeno
☐ Lime
☐ Garlic powder
☐ Onion powder
☐ Dried oregano
☐ Black pepper
☐ Sour cream or Mexican crema