



LESSON 2:

BLACK BEAN QUESADILLAS & PICO DE GALLO

BLACK BEAN AND VEGGIE QUESADILLA

Ingredient	Students Per Class		
	10	15	20
Red bell pepper	1	1 1/2	2
Zucchini or yellow squash	1	1 1/2	2
Black beans, 15 oz can	1	1 1/2	2
Whole wheat tortillas 	5	8	10
Monterey jack cheese, shredded	1 cup	1 1/2 cup	2 cup
Olive oil	1 tbsp	1 1/2 tbsp	2 tbsp
Other: Salt and pepper to taste.			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Wash peppers, zucchini or squash. Open, drain and rinse black beans. Cut tortillas in half. Preheat the oven to 350°F. Line baking tray with foil and grease with olive oil.

Directions:

1. Cut bell pepper, zucchini or squash into equal pieces based on the number of students and give a piece to each student.
2. Instruct students to dice veggies and collect everything in a large bowl.
3. Have students add olive oil, black beans, salt, and pepper to the bowl and mix together.
4. Have students assemble their quesadillas by adding veggie mix inside their tortilla, topping with shredded cheese, and folding in half.
5. Arrange tortillas on a baking sheet in a single layer and roast for 8-12 min. Monitor closely to prevent burning; cooking times may vary.
6. Let quesadillas cool for 2 minutes and enjoy!

DID YOU KNOW?



Black beans are originally from Central and South America, where they've been cultivated for over 7,000 years!



DID YOU KNOW?

"Pico de gallo" means "rooster's beak" in Spanish!

FRESH PICO DE GALLO

Ingredient	Students Per Class		
	10	15	20
Garlic cloves	2	3	4
Bunch cilantro	1/2 bunch	3/4 bunch	1 bunch
Large tomatoes	3	5	6
Green onions	3/4 bunch	1 1/4 bunch	1 1/2 bunch
Avocado	1	1 1/2	2
Salt	3/4 tbsp	1 1/4 tbsp	1 1/2 tbsp
Tortilla Chips 	1/2 bag	3/4 bag	1 bag
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Wash and divide produce equally for distribution. Peel and pit the avocado.

Directions:

1. Pass out onions, tomato, garlic, avocado, and cilantro, have students dice into small pieces. Remind students that nothing will be blended, so if a piece will fall off a chip, it is too big!
2. Each student will make their pico de gallo on individual plates. Have students scoop a little of each ingredient onto their plate and season with salt.
3. Enjoy chips with pico de gallo!

LESSON 2: MEXICO

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Red bell pepper
- Zucchini or yellow squash
- Large tomatoes
- Garlic cloves
- Bunch cilantro
- Bunch green onions

Pantry Staples:

- Canned black beans
- Tortilla chips (NUT & SESAME FREE)
- Whole wheat tortillas (NUT & SESAME FREE)

Dairy:

- Monterey jack cheese, shredded

Ingredients in the Bin:

- Olive oil
- Salt

OBJECTIVES

- ☒ Teach and Discuss Mexican cuisine
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in Mexican cooking
- ☒ Talk about Mexico fun facts

INTRODUCTION

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Mexican Cuisine
 - Do you have any favorite Mexican dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Whole wheat tortillas, Canned black beans, Shredded cheese, Red bell pepper, Tomatoes, Cilantro
- Discuss a few popular Mexican dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Tacos: Tortillas (flour or corn) filled with flavorful ingredients like meat, beans, cheese, and vegetables.
 - Guacamole: A creamy, delicious dip made from mashed avocados, lime juice, cilantro, and tomatoes.
 - Tamales: Steamed corn dough filled with meats, cheese, or veggies, wrapped in a corn husk or banana leaf.
 - Churros: Crispy, fried dough sticks sprinkled with sugar and often dipped in fruit or chocolate sauce.
 - Enchiladas: Tortillas rolled around a filling, like cheese or chicken, and smothered in a savory sauce.

STAR TECHNIQUE: LAYERING

Layering ingredients is a fun way to include many different food groups into one dish, such as in a quesadilla. Layering items like beans, cheese, and chicken on top of one another allows for a balanced, perfect bite every time!

ENGAGEMENT TIPS



When students dice veggies, teach the bear claw technique for safe cutting. Check in often and remind them to cut pieces small enough to stay on a chip or in the quesadilla.



Remind students how long the quesadillas will bake. Have them watch the clock and call out when 5 and 2 minutes remain.



Set up an assembly station with all the ingredients. Have students line up to build their quesadilla. While they wait, ask what other ingredients they'd add at home.



STAR INGREDIENT: AVOCADO

- What are avocados? Avocados are a type of fruit that grows on trees. They are super creamy, and healthy!
- Where do avocados grow? Most avocados in the United States come from Southern California. Fun fact: the avocado is California's state fruit!
- Why are avocados good for us? Avocados have healthy fats that can help keep your heart strong. They also have lots of fiber, vitamins, and minerals. Did you know they have more potassium than a banana? Pretty cool, right?

EXPLORING COMMON MEXICAN INGREDIENTS



- Corn (Maize): Corn is a key ingredient in Mexican food and has been around for over 9,000 years. It is used in many dishes like tacos, tamales, and tortillas.



- Beans: Beans, especially black beans and pinto beans, are an important source of protein and fiber in Mexican meals, helping to keep you full and strong.



- Cilantro: Cilantro adds a fresh, zesty flavor to Mexican dishes. It's full of antioxidants, which help protect your body from damage.



- Lime: Limes give food a tangy flavor and are rich in vitamin C, which helps boost your immune system. Mexico is one of the world's largest lime producers!



- Tortillas: Tortillas, made from corn or flour, are a staple in Mexican meals. They're a great source of carbohydrates and provide energy for the body.



- Cheese (Queso Fresco): Queso fresco is a mild, crumbly cheese often used in tacos and enchiladas. It adds calcium for strong bones and teeth.



- Chocolate: Chocolate, originating from Mexico, is not only delicious but also packed with antioxidants, which can support brain health. The ancient Mayans and Aztecs made it into a drink!

MEXICO FUN FACTS



- Mexico is the third-largest country in Latin America, with diverse landscapes including deserts, mountains, and beaches.
- With over 130 million people, Mexico is the most populated Spanish-speaking country in the world.
- Famous attractions in Mexico include the ancient Mayan city of Chichen Itza and the beautiful beaches of Cancun.
- Mexico is home to amazing wildlife, such as jaguars, monarch butterflies, and colorful parrots.
- Mexico is known for inventions like the color TV, chocolate, and the modern-day taco!
- Mexico has a rich history, with ancient civilizations like the Aztecs and Mayans leaving behind incredible ruins and artifacts.

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal