

ENCHILADA CASSEROLE

Serving Size: 12 servings, 1 per student

Ingredients:

- 1 cup enchilada sauce
- 12 tortillas (NUT FREE)
- 1 bell pepper
- 1 15 oz can corn
- 1 15 oz black beans
- 1 ½ cup mozzarella cheese
- 12 muffin tins

PREP BEFORE CLASS:

Preheat the oven to 425°F. Wash bell peppers, remove stems and seeds. Drain and rinse the beans. Divide bell pepper, beans, corns and cheese into 12 portions and put on individual plates.

Directions:

1. Distribute a plate of ingredients to each student and instruct them to dice bell peppers.
2. Pass out tortillas and have each student cut their tortilla into quarters. Pass muffin tins to each student.
3. Pass a bowl with enchilada sauce and have students add a teaspoon to their muffin tin.
4. Instruct students to place a tortilla quarter on top of the sauce, then add peppers, corn, beans, and cheese.
5. Pass around enchilada sauce and have students scoop one spoon of sauce into their tin.
6. Have students place a second tortilla quarter and sprinkle cheese on top.
7. Collect individual cups on a tray and put in the oven for 12-15 mins. Watch the oven as cooking times may vary. Let cool and enjoy!

DID YOU KNOW?

Enchilada sauce flavors the entire dish by adding spice and warmth. Alongside tomato paste, it usually contains chili powder, garlic and onion.



FRESH PICO DE GALLO

Serving Size: 12 servings

Ingredients:

- 2 garlic cloves
- ½ bunch cilantro
- 4 large tomatoes
- 1 bunch green onions
- 1 tbsp salt
- 1 tbsp sugar
- 1 large bag of tortilla chips (NUT FREE)
- Olive oil

PREP BEFORE CLASS:

Wash and divide produce equally for distribution.

Directions:

1. Pass out onions, tomato, garlic, and cilantro, and 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 sprinkle ¼ teaspoon sugar over their ingredients and mix together.
3. Pass out tortilla chips, and enjoy them with pico de gallo!

DID YOU KNOW?

Pico de gallo means "beak of a rooster." The name comes from the way it was originally eaten with the hands, by pinching the thumb and forefinger.

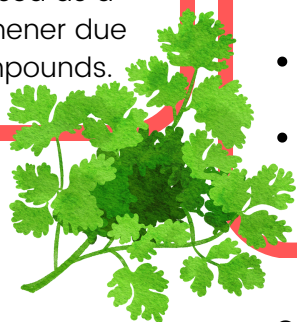


OBJECTIVES

- Name a health benefit of cilantro
- Learn about Mexican cuisine and flavors
- Practice safe knife skills

STAR INGREDIENT: CILANTRO

- Cilantro, also known as coriander or Chinese parsley, is an herb that is widely used in various cuisines around the world.
- Cilantro is native to the Mediterranean region but is now cultivated and used in many different culinary traditions.
- The leaves and stems of the cilantro plant are typically used in cooking, while the seeds are dried and ground to make coriander spice.
- Nutritional value: Cilantro is a good source of vitamins A, C, and K, as well as minerals like potassium and manganese.
- Digestive aid: Cilantro has traditionally been used to support healthy digestion and alleviate digestive discomfort.
- Fresh breath: Cilantro has been traditionally used as a natural breath freshener due to its aromatic compounds.



SHOPPING LIST


Ingredients to buy:

- 1 bell pepper
- 1 15 oz can corn
- ½ bunch cilantro
- 4 large tomatoes
- 1 bunch green onions
- 1 15 oz black beans
- 1 ½ cup mozzarella cheese
- 2 garlic cloves
- 1 large bag of tortilla chips (NUT FREE)
- 1 cup enchilada sauce
- 12 muffin tins

Ingredients in the bin:

- Olive oil
- Sugar
- Salt
- Pepper

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making and what cuisine the recipes belong to.
- Today we are making Mexican cuisine! Have you ever tried a Mexican dish before? Name some of the dishes: salsa, guacamole, enchiladas, empanadas, tacos, etc. Common ingredients are beans, corn, rice, avocado, lime, tomatoes, mangos, and chocolate.
- Mexican herbs and spices are what give the food its unique flavor.
- Tortillas are often consumed in Mexico, they are traditionally made from corn but many stores in North America also make flour tortillas. Corn tortillas have lots of fiber and magnesium.

CILANTRO USES

- Cilantro is widely used in various cuisines, particularly in Mexican, Indian, Thai, and Middle Eastern dishes. It adds a fresh and vibrant flavor to salsas, curries, salads, guacamole, and more.
- Fresh cilantro leaves are often used as a garnish for soups, stews, tacos, and other dishes. They can add a pop of color and freshness to the presentation.
- Cilantro can be blended with other ingredients like lime juice, garlic, and yogurt to create flavorful sauces and dressings.
- Cilantro is commonly used in herb blends such as chimichurri, a South American sauce, and gremolata, an Italian herb mixture.

STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique: Seasoning
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the flavor star to find the best balance between savory, salty, sweet, bitter, sour, and spicy.

DEVELOPMENT

🕒 5-7 min

- Mexican food is known for bold flavors and unique spice blends. They are what makes the food so delicious!
- From fiery chilies to aromatic herbs, these ingredients are used in various forms to enhance the taste and aroma of traditional Mexican dishes.
- One of the most iconic spices in Mexican cuisine is chili powder, made from a blend of dried chili peppers. It adds a fiery kick to salsas, marinades, and meat dishes, creating a distinctive Mexican flavor profile.
- Cumin is another commonly used spice, providing earthiness and depth to dishes like tacos and enchiladas.
- Herbs also play an important role in Mexican cooking, adding freshness and complexity to the cuisine.
- Cilantro, also known as coriander, is a widely used herb in Mexican recipes. Its bright, citrusy flavor is sprinkled over tacos, soups, and salsas, enhancing the overall taste.
- Mexican oregano is another herb that imparts a unique flavor to dishes. It has a slightly citrusy and floral taste, differentiating it from Mediterranean oregano. It is often used in bean dishes, stews, and salsas, lending a distinctive Mexican touch.
- The use of spices and herbs in Mexican cooking is not only about flavor but also about cultural heritage and tradition. These ingredients have been an integral part of Mexican cuisine for centuries, passed down through generations. They add depth, complexity, and a sense of authenticity to the dishes. Whether it's the smoky notes of chipotle pepper or the fragrant aroma of fresh herbs, the use of spices and herbs in Mexican cooking helps create a culinary experience that is truly unique and unforgettable.

END OF CLASS CHECKLIST

🕒 10 min

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