

Fabuloso Avocado Street Tacos + Mexican Slaw + Cilantro Crema + Melon Agua Fresca



mexican slaw

chop+grate+slice

Finely chop $\frac{1}{4}$ - $\frac{1}{2}$ head of red or green cabbage, grate 1 carrot, and slice 2 radishes. Combine in a bowl.

measure+squeeze+toss

Measure and combine 2 tsp oil, 2 large pinches of salt, and 2 large pinches of sugar. Pour over the slaw vegetables. Squeeze the juice of 1 lime over the slaw and toss well. Set to the side to marinate while you make the tacos. Taste before serving and add any needed salt, sugar, or lime juice!

fabuloso avocado street tacos

cut+twist+slice

Cut around the lengthwise circumference of 2 ripe, firm avocados. Twist open and remove the pit. Slice each avocado half into four to six lengthwise slices and remove the skin, leaving the flesh behind in long strips.

crack+measure

Arrange three bowls. In the first bowl, crack and whisk up 1-2 large eggs. In the second, measure $\frac{1}{2}$ C flour. In the third, measure $\frac{1}{2}$ C panko breadcrumbs.

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Family Fun Recipes

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dredge

Have your kids dip each piece of avocado first into the flour and completely cover, shaking off any excess. Then dip it into the egg and make sure it is completely coated. Last dip it into the breadcrumbs and coat thoroughly. Set aside on a plate and continue until all the slices are done.

heat+fry

Grown-ups, heat **¼ C oil** in a skillet on your stovetop over medium-high. With a slotted spoon, gently place half of the avocado slices into the hot oil and cook for a couple minutes on the first side. Carefully turn the avocado slices over and cook a couple more minutes, until they are an even golden brown. Using a slotted spoon or tongs, transfer the avocado slices to paper towels to drain. Make the cilantro crema (see below).

warm+top

Warm **8-12 corn tortillas** on each side in a pan over your stove top, until soft. Fill each tortilla with slaw, cilantro crema and place 1-2 fried avocado slices on top. Top with **hot sauce**, if using!



cilantro crema

tear+combine

Have your kids tear up **a handful of fresh cilantro** and add to a bowl with the **juice of 1 lime, ¼ C greek yogurt or sour cream, ¼-½ tsp salt, and a pinch of black pepper.**

mash+enjoy!

Mash everything together until combined and creamy. Enjoy with your tacos!



melon agua fresca

juice+chop

Squeeze the juice of **1 lime** into your blender, or a pitcher for use with an immersion blender. Chop and add **2 C of cantaloupe, watermelon, or honeydew.** Add **½ C sugar/honey/agave** and **1½ C water or sparkling water.**

blend+adjust

Blend until smooth and adjust flavors until just right! Serve in cups over **ice.**

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shopping list

Fabuloso Avocado Street Tacos

- 2 ripe, firm avocados
- ½ C flour
- 1-2 eggs
- ½ C Panko breadcrumbs
- ¼ C oil, for frying
- 8-12 small corn tortillas
- hot sauce, optional

Mexican Slaw

- ¼-½ head red or green cabbage
- 1 carrot
- 1 radishes
- 1 lime
- 2 large pinches salt
- 2 large pinches sugar
- 2 tsp oil

Cilantro Crema

- 1 lime
- ¼ C greek yogurt or sour cream
- handful cilantro
- ¼-½ tsp salt
- pinch of black pepper

Melon Agua Fresca

- 2 C cantaloupe, watermelon, or honeydew
- 1 ½ C water or sparkling water
- ½ C sugar/honey/agave
- 1 lime
- 2 C ice

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The History of Tacos

In Mexico, the word *taco* is a generic term like the English word *sandwich*. A taco is simply a tortilla wrapped around a filling. Like a sandwich, the filling can be made with almost anything and prepared in many different ways. The contents of a taco can vary according to the geographic region in which you are eating them, and it can be eaten as an entree or a snack. They are traditionally made with soft corn or fried corn tortillas.

There is no exact date or location of where and when tacos came about. However, it is believed that the origin of the taco started in Mexican silver mines sometime in the 19th century. This hypothesis comes from the fact that the first type of taco was “taco de minero”, which translates to “miner’s tacos. Also, have you ever noticed that taquitos look similar to a stick of dynamite? Tacit is a Spanish word that translates to small taco. It is believed that the word taco originally referred to pieces of paper that miners would wrap around gunpowder and use in holes carved into the face of a rock.

The role of the “taquería” (taco shop) is also an important element in the history of tacos. For many years, taquerías were mostly for working class Mexicans. Many women migrants brought tacos to Mexico City to sell for income. These women eventually made Mexico City into a taco hub, with many different styles of tacos for people to sample. The taco then came to the U.S. through migrants that traveled to the Los Angeles area in the early 1900s.

The surprise ingredient of the week is: Avocado!

- ★ **Avocados are a fruit, but are eaten like a vegetable.**
- ★ **Avocados are one of the only fruits to contain fat - a special kind that is really good for you!** They are also a good source of vitamin E, vitamin B6, and dietary fiber.
- ★ **Avocados grow on big evergreen trees** that have a beautiful crown of smooth, glossy, dark green leaves which shade the avocados from the sun. Avocados mature slowly and steadily on the tree, but put off ripening until they’ve been picked. One tree can produce 150-500 avocados per year.
- ★ **Avocados come in different shapes, from oval to pear, depending on the variety.** The skin looks like fine leather, which helps to withstand the fierce Mexican sun. Some have a smoother skin, while others have a rougher, more pebbled appearance. Most are glossy green, while a few varieties do turn purplish-black when ripe. But regardless of the exterior, all have a large indelible seed surrounded by the soft, buttery, creamy-white to greenish-yellow flesh on the inside, with a delicate nutty taste!
- ★ **Avocados are called Alligator Pears due to their pear-like shape and green skin.**

Time for a laugh!

What did the grumpy taco say to the chip? I don’t want to taco about it. It’s nacho problem.
What did the Sticky Fingers Chef say to the taco? Avocado (I’ve got a) crush on you!

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