

Terrific Tomatillo Tostadas + Mild Jicama Slaw + Mexican Jicama Slushies



terrific tomatillo tostadas

peel+chop

Start by having an adult peel about **half of a regular sized jicama root** - the outside peel is VERY hard/tough and NOT safe to eat. Discard the outer peel. You will use the jicama in all parts of this meal! Then have your kids peel the paper off **4-5 tomatillos** and wash or wipe of the waxy coating. Chop the tomatillos up very well and set to the side. Chop up **2 stalks green onion** and **2 cloves garlic** as well and set to the side.

prepare+sauté

Cut off about 1/6 of the peeled jicama root and have your kids decide how to prepare the it. They can dice it up, slice it up, or grate it! You should have **¼ C jicama** once you're done. Warm up a skillet over medium-high heat on your stovetop and add **3 T olive oil** and the chopped green onion and jicama. Sauté, stirring frequently, until soft and slightly browned, about 2 minutes. Then, add a **pinch of sugar** and the chopped garlic and cook for 1 minute more. Next, add the chopped tomatillos and stir well, and finally add a **15 oz. can pinto beans** (including the liquid from the can) into the skillet. Heat until bubbly and then reduce heat to low and simmer for 3-5 minutes.

chop+grate

While the beans and vegetables cook, have your kids chop up **½ small head of lettuce** and grate **¼-½ lb jack cheese**. Also, prepare any additional toppings that you're using, such as chopping **1 avocado**, **1 large tomato**, **½ can black olives**, or **a handful of fresh cilantro**.

Family Fun Recipes

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cool+smash+reheat

Turn off the skillet and let the beans cool down a bit. Then carefully begin to mash the beans with a potato masher or the back of a wooden spoon. Keep stirring and mashing until you see the beans become softer, creamier, and smoother. Turn the stove back on to medium-low heat and cook the beans again, stirring frequently, until they are the consistency of soft mashed potatoes. Cook for about 3-5 minutes and taste and season with **salt** if needed.

spread+sprinkle

Have your kids spread the refried tomatillo jicama beans over the **tostada shells** and then sprinkle with grated cheese, chopped lettuce, the jicama slaw (see recipe below), and any additional toppings you are using: **fresh corn, cilantro, chopped tomatoes, olives, avocado** and/or **sour cream**.

mild jicama slaw

measure+whisk

In a large bowl, have your kids measure and whisk together **½ T lime juice, 1 T olive oil, ½ tsp salt, a pinch of black pepper,** and **1 tsp sugar/honey/agave nectar**. Set to the side.

grate+toss+marinate

Grate **1 C jicama** and **2 carrots** and add to the dressing in the bowl. Toss well. Let the slaw sit to the side for 5 minutes and up to one hour.

tear+stir

Just before serving, have your kids tear up **1 T fresh cilantro leaves (optional)** and add to the slaw. Stir it all up and enjoy on your tostadas!

mexicana jicama slushies

cut+peel+add

Cut **2-3 fresh limes** into wedges and then have kids peel the peel away from each lime wedge. Add the peel-free limes to a blender or pitcher, for use with an immersion blender.

dice/grate+pinch

Dice or grate **¼ C peeled jicama** and add to the blender/pitcher. Add a **pinch of salt, ½ C sugar/honey/agave, 3 C ice** and **2 C water**.

blend+adjust

Blend until smooth and slushy. Taste and add more water or sweetener as needed!

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shopping list

Terrific Tostadas

- | | |
|--|--|
| <input type="checkbox"/> 8-12 corn tostada shells | <i>Optional Tostada Toppings</i> |
| <input type="checkbox"/> ¼ - ½ lb. Monterey Jack cheese | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> ½ small head of lettuce | <input type="checkbox"/> fresh or frozen/thawed corn |
| <input type="checkbox"/> 3 T olive oil | <input type="checkbox"/> 1 large tomato |
| <input type="checkbox"/> 2 cloves garlic | <input type="checkbox"/> 1 small container sour cream |
| <input type="checkbox"/> 1 can (15 oz.) pinto beans | <input type="checkbox"/> ½ can black olives |
| <input type="checkbox"/> 4-5 fresh tomatillos | <input type="checkbox"/> handful of fresh cilantro |
| <input type="checkbox"/> ¼ C peeled jicama | |

Mild Jicama Slaw

- | | |
|---|--|
| <input type="checkbox"/> 2 stalks green onion | <input type="checkbox"/> ½ T fresh lime juice |
| <input type="checkbox"/> ½ tsp salt | <input type="checkbox"/> 1 tsp sugar/honey/agave nectar |
| <input type="checkbox"/> pinch of black pepper | <input type="checkbox"/> 1 T olive oil |
| <input type="checkbox"/> pinch of sugar | <input type="checkbox"/> ½ tsp salt |

Mexicana Jicama Slushies

- | | |
|---|---|
| <input type="checkbox"/> 2-3 fresh limes | <input type="checkbox"/> pinch of black pepper |
| <input type="checkbox"/> ½ C sugar/honey/agave | <input type="checkbox"/> 1 C peeled jicama |
| <input type="checkbox"/> pinch of salt | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> ¼ C peeled jicama | <input type="checkbox"/> 1 T fresh cilantro (optional) |
| <input type="checkbox"/> 3 C ice | |

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What is a Tostada?

Tostada is a Spanish word that literally means, “toasted”. It is used in Latin America to name several different traditional local dishes, which only have in common the fact that they are toasted or uses a toasted ingredient as the main base of its preparation. In Mexico, it refers to a flat or bowl-shaped tortilla that is toasted or deep fried. It also refers to the finished dish using a tostada as a base. Tostada initially had its origin in the need to avoid waste when tortillas went stale, no longer fresh enough to be rolled into tacos, but still fresh enough to eat. The old tortilla is submersed into boiling oil until it becomes golden, rigid, and crunchy, like a traditional slice of toast bread (hence the name!).

The Surprise Ingredient of the Week is: Jicama!

- ★ **Jicama is a plant native to Mexico where jicama is eaten as a snack marinated with lime and topped with chili powder.** It is also used to celebrate the Day of the Dead (Nov. 1st), where jicama represents one of the elements that is part of the celebration, along with sugarcane, tangerines, and peanuts.
- ★ **Jicama tastes like a cross between a turnip and a red delicious apple** - some people describe it as a savory apple. It is actually a tuber, like a potato, but unlike a potato, jicama can be eaten both cooked and raw.
- ★ **Jicama must be peeled!** The bark-like peel is inedible, protecting the juicy, crunchy flesh just underneath.
- ★ **The Aztecs used jicama seeds for medicine,** claiming it rejuvenated the body and relieved a dry tongue, probably because of its high water content.
- ★ **Jicama plants are vines that can grow to be 20 ft long or more.** The jicama plant's flowers are pretty sprays of purple that look like butterflies. The flowers are usually not seen in the United States because the vines are typically harvested before the first frost when the flowers bloom.
- ★ **When eaten raw, jicama is very high in vitamin C.** Vitamin C is great for the immune system, as it helps the body defend itself against infections and inflammation.
- ★ **Jicama is also known as Mexican potato, yam bean, Chinese turnip, lo bok, Chinese potato, and Mexican turnip.**

Time for a laugh!

Knock, knock. Who's there? **Nacho.** Nacho who? **That's not 'cho tostada!**

How does a witch eat jicama? By goblin it!

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