

Peruvian Mango Ceviche Cups + Kid-Made Totopos (Tortilla Chips) + Mighty Mango Agua Fresca



peruvian mango ceviche cups

cube+roll+juice

Cube **2 large ripe mangoes** into bite sized pieces, removing the skin and the pit first, and set to the side in a bowl. Roll **1½ limes**, softening up the pulp and making them easier to juice. Then slice and squeeze all the juice out.

chop+drizzle

Carefully chop up **1 large avocado**, being careful not to mash, you want to keep it in small chunks. Set to the side with a **drizzle of lime juice**, a **drizzle of oil**, and a **pinch of salt** to keep it from turning brown. Also chop up **1 green onion** and a **few sprigs of cilantro** and set to the side.

combine+stir+marinate

Combine cubed mango, lime juice, green onions, cilantro and **¼ C of frozen corn**, thawed in a bowl and stir gently. Add **½ tsp of salt** and a **drizzle of honey** into the bowl, stir, and let marinate while you make the totopos!

mix+enjoy

Right before serving, gently mix in the chopped avocado and enjoy!

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kid-made **totopos tortilla chips**

pour+cut+coat

Pour **1 C of vegetable oil** into a bowl and cut **8-12 corn tortillas** into quarters. Then dip the quartered tortillas into the oil, or brush them with oil using a pastry brush.

heat+drop+fry

Heat a skillet on your stovetop over medium-high heat. Drop an oiled corn tortilla into the skillet to test if it is hot enough - it should sizzle. Then, using tongs, carefully drop the rest of the tortilla pieces into the hot skillet and fry them for 1 minute per side, or until light golden and crispy - be careful not to burn!

drain+sprinkle

Using tongs, remove the totopos from the skillet as they are finished and drain on a plate lined with a paper towel. Sprinkle with **salt** before serving with the mango ceviche!

mighty **mango agua fresca**

roll+squeeze

Roll **1½ limes** to soften up the pulp and then slice and squeeze them into a measuring cup or small bowl.

chop+combine+puree

Chop up **1 ripe mango** and add to a pitcher, along with **2 T sugar/honey**, **1½ C cold water**, **1 C ice**, a **pinch of salt** and your lime juice. Blend it all up using an immersion blender, or pour it into your blender and puree until smooth. *(If you decide to use sparkling water instead of regular water, add it after you puree the other ingredients!).*

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shopping list

Peruvian Mango Ceviche Cups

- 2 large ripe mangoes
- 1 green onion
- ¼ C frozen corn, thawed
- 1 avocado
- 1½ limes
- ½ tsp salt
- drizzle of honey or pinch of sugar
- drizzle of oil
- a few sprigs of cilantro

Kid-Made Totopos Tortilla Chips

- 8-12 corn tortillas
- 1 C vegetable oil for frying
- 2 tsp salt

Mighty Mango Agua Fresca

- 1 ripe mango
- 1½ limes
- 2 T sugar/honey
- 1 ½ C cold water or sparkling water
- pinch of salt

::continued::

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What is ceviche?

Ceviche is a South American dish most popular in coastal regions. It is made of raw fish or seafood marinated in citrus (mostly lemon or lime juice). The acid in the citrus denatures the proteins in the seafood, causing it to become opaque and firm. The effectively “cooks” the seafood or fish, without exposing it to any heat. Ceviche doesn't need to be marinated for a long time - only 15-20 minutes. But it's important to use the freshest seafood available because marinating doesn't destroy any of the bacteria like cooking with heat does. Ceviche is typically served with sweet potatoes, plantain chips, or fried tortillas.

The surprise ingredient of the week: Mango!

- ★ **Mangoes were first grown in India over 5,000 years ago.** Mangoes have been grown in South Asia for thousands of years and reached Southeast Asia between the 5th and 4th centuries B.C. Mango seeds traveled with humans from Asia to the Middle East, East Africa, and South America beginning around 300-400 AD. Today, a basket of mangoes is considered a gesture of friendship in India.
- ★ **Most of the mangoes sold in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala, or Haiti.**
- ★ **There are over 400 known varieties of mangoes!** The majority of mango species exist as wild mangoes.
- ★ **The mango is the national fruit of India, Pakistan, and the Philippines.** The mango tree is the national tree of Bangladesh.
- ★ **A mango tree can grow taller than 100 feet.** Leaves of mango trees start out pink and when they mature, they reach a deep evergreen color. Mango fruit takes 3-6 months to ripen and usually do so during the summer months.
- ★ **Mangoes are a stone fruit with an oblong shape, thick, fibrous skin and juicy, soft flesh.** The shape of a mango is what inspired the paisley print!
- ★ **Mangoes boast an impressive amount of vitamin C - 1 C of raw mango contains 100% of your daily value of vitamin C!** It also contains 20% of your daily value of folate. The yellow-orange pigment of ripe mango is due to its content of beta-carotene. Beta-carotene acts as an antioxidant in the body to rid extra free radicals and protect cells from oxidative stress.
- ★ **A red mango does not mean it is ripe** - rather, squeeze a mango gently to determine its ripeness (the softer, the more ripe).

Time for a laugh!

What is red, yellow, green, and goes up and down? A mango in an elevator!

Knock, knock! Who's there? Mango. Mango who? MAN, jus'GO to the door and answer it!

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