



Cuban Street Tacos + Cilantro Lime Rice + Easy Kid's Salsa + Chocolate Chia-nanza Pudding

By Erin Fletter

Prep Time 40 / Cook Time 35 / Serves 4 - 6

Shopping List

- FRESH
- 4 to 5 green onions
- 2 garlic cloves
- 1/2 medium orange
- 1/2 to 1 lb mushrooms
- 3 fresh cilantro
- 1 or 2 avocados (optional)
- 4 ripe Roma tomatoes (sub avocado/pineapple/mango)
- 1 lime
- 1 ripe banana
- DAIRY
- 1/2 to 1 C Monterey Jack cheese ****(see allergy subs below)****
- 1/2 C sour cream, optional ****(see allergy subs below)****
- 1 C milk ****(see allergy subs below)****
- PANTRY
- 1/2 T light brown sugar, honey, or agave nectar
- 2 1/2 T olive oil

- 1 tsp mild chili powder
- 1 tsp ground cumin
- 1/4 tsp ground black pepper
- 12 or more small flour or corn tortillas **** (see allergy subs below) ****
- 1/2 C long-grain white rice
- 1 T fresh lime juice
- 1 1/2 T salt
- 1 tsp onion powder
- 1/4 C chia seeds
- 1 T pure unsweetened cocoa powder **** (see allergy subs below) ****
- 1 T honey, agave nectar, or maple syrup
- HAVE ON HAND
- ice (to cool pudding if no refrigerator is available)

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

chop: to cut something into small, rough pieces using a blade.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

chill: to cool, not freeze, food or drink by putting it on ice or in a refrigerator.

Equipment

- Skillet
- Mixing bowl
- Cutting board

- Kid-safe knife
- Citrus juicer (optional)
- Measuring spoons
- Dry measuring cups
- Wooden spoon
- Grater
- Small saucepan + matching lid
- Liquid measuring cup
- Blender or food processor (or bowl + immersion blender)
- Blender (or food processor)
- Medium bowl + lid (or plastic wrap)
- Whisk

Ingredients

Cuban Street Tacos

- 4 to 5 green onions
- 2 garlic cloves
- 1/2 medium orange
- 1 lime
- 1/2 T light brown sugar, honey, or agave nectar
- 2 T olive oil
- 1 tsp mild chili powder
- 1 tsp ground cumin
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1/2 to 1 lb mushrooms
- 1/2 to 1 C Monterey Jack cheese ******(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese, like Daiya brand)******

12 or more small flour or corn tortillas, warmed ******(for CELIAC/GLUTEN ALLERGY use corn tortillas or other gluten-free/nut-free tortillas)******

sour cream, optional ******(Omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)******

sliced avocado, optional

Cilantro Lime Rice

1/2 C long-grain white rice

1 T fresh lime juice

1 T fresh cilantro

1/2 T salt

1/2 T olive oil

Easy Kid's Salsa

4 ripe Roma tomatoes ******(for NIGHTSHADE ALLERGY sub avocado, pineapple, or mango)******

1 tsp onion powder

2 T fresh cilantro

2 tsp salt (more to taste)

Chocolate Chia-nanza Pudding

1 ripe banana

1/4 C chia seeds

1 C milk ******(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk)******

1 T pure unsweetened cocoa powder ******(for CHOCOLATE ALLERGY sub 1 T carob powder)******

1 T honey, agave nectar, or maple syrup

1 pinch salt

ice (to cool pudding if no refrigerator is available)

Food Allergen Substitutions

Cuban Street Tacos

Dairy: Omit or sub 1/2 to 1 C dairy-free cheese for Monterey Jack cheese. Omit optional sour cream or sub dairy-free/nut-free sour cream.

Celiac/Gluten/Wheat: Use corn tortillas or other gluten-free/nut-free tortillas.

Cilantro Lime Rice

Easy Kid's Salsa

Nightshade: Substitute avocado, pineapple, or mango for Roma tomatoes.

Chocolate Chia-nanza Pudding

Dairy: For 1 C milk, substitute 1 C dairy-free/nut-free milk.

Chocolate: For 1 T pure unsweetened cocoa powder, substitute 1 T carob powder.

Instructions

Cuban Street Tacos

chop + squeeze + add

Have your kids chop up **4 to 5 green onion stalks** and **2 garlic cloves** and add to a bowl. Next, have kids squeeze the juice of **1/2 orange** and **1 lime** into the same bowl. Then add **1/2 tablespoon light brown sugar**, **2 tablespoons olive oil**, **1 teaspoon chili powder**, **1 teaspoon ground cumin**, **1 teaspoon salt**, and **1/4 teaspoon black pepper**.

heat + simmer + chop

Add everything to a skillet on your stovetop and heat over medium-high heat, stirring until the sauce boils and is slightly thickened, about 3 to 5 minutes. While the sauce cooks, have your kids chop **1/2 to 1 lb of mushrooms** into the smallest bits possible. Then add the mushrooms to the skillet and cook until they are softened, about 2 to 4 minutes more. Continue to cook, breaking up the mushrooms with a wooden spoon until browned.

grate + fill

Have your kids grate **1/2 to 1 cup of Monterey Jack cheese**, then fill warmed tortillas with the mushroom mixture, cheese, rice, and salsa. You can even top with some sour cream or avocado slices if you like! Enjoy!

Cilantro Lime Rice

cook + cool

Bring **1/2 cup of white rice** and **1 cup of water** to boil in a saucepan on your stovetop. Reduce heat to medium-low, cover, and simmer until the rice is tender and water is absorbed, about 20 to 25 minutes.

Remove from heat and let cool to room temperature.

tear + squeeze + fluff

Have your kids tear up about **1 tablespoon of cilantro leaves** into tiny bits and add to your rice. Then add **1 tablespoon freshly squeezed lime juice**, **1/2 to 1 tablespoon olive oil**, and about **1/2 tablespoon salt** (or to taste). Fluff with a fork and serve either inside or to the side of tacos or burritos, or Cuban Street Tacos (see recipe)!

Easy Kid's Salsa

chop + measure + blend

Have your kids chop **4 ripe Roma tomatoes**, tear **2 tablespoons cilantro**, measure **1 teaspoon onion powder**, and **2 teaspoons salt** (or more to taste), and combine everything in a blender or food processor (or bowl for use with an immersion blender). Blend until the salsa has reached your desired consistency. All that's left is to make your tacos and top with salsa!

Chocolate Chia-nanza Pudding

intro

If serving this dessert with a meal, start it first to give it time to gel. It's a no-cook pudding made by mixing a few ingredients in a bowl and letting chia seeds do their thing. The texture is similar to tapioca pudding, but it has way less added sugar, way more nutrition (chia seeds are packed with amino acids and are a complete protein!), and—the best part—is way easier to make!

mash + measure

In a medium-sized bowl, have kids mash **1 banana** really well. Then measure and whisk together **1/4 cup chia seeds**, **1 cup milk**, **1 tablespoon cocoa powder**, **1 tablespoon honey or agave nectar**, and **1 pinch of salt** into the same bowl, until all is smooth and combined.

cover + chill + wait

Cover the bowl with plastic wrap or a lid and set aside in a refrigerator or on a bag of ice for at least 30 minutes and up to 2 hours to allow the chia seeds to absorb the liquid and thicken the pudding.

stir + enjoy

Once the pudding is thick and set, give it a good stir to ensure no lumps. If it's too thick, you can add a splash of milk to thin it out. Enjoy!

Featured Ingredient: Mushrooms!

Hi! I'm Toady! I'm a Mushroom!

"I'm also a fun guy! Get it? Fun guy—fungi? I'm good in salads, sandwiches, soups, stews, on pizza, with

pasta, and stuffed with other yummy foods. Plus, you can cook and use me in recipes just like you would meat!"

History

The first mushrooms were thought to be cultivated in Southeast Asia, but it is not known why for sure.

Perhaps someone discovered that mushrooms grew by accident and sought out a growing method.

All mushrooms are fungi, but not all fungi are mushrooms! There are an estimated 1.5 to 2 million species of fungi on planet Earth, of which only 80,000 have been properly identified. There are over 250 kinds of mushrooms that people eat.

Mushrooms are a kind of fungus that look like umbrellas! They grow in places like yards, forests, fields, and gardens.

What is a fungus? It's a kind of living organism that is different from plants. In fact, mushrooms are more like humans than plants!

Fungi walls are made of a fibrous substance called "chitin," rather than cellulose, like plants. Also, plants produce their own energy from the sun from photosynthesis, but mushrooms and other fungi don't need the sun for energy!

Many fungi eat by breaking down dead plants. However, other fungi feast on dead animals, bird droppings, manure, wallpaper paste, fruit, and living animals. So fungi are like nature's cleanup crew!

The yeast that makes bread rise is a type of fungi.

Mushrooms are sometimes called Toadstools! Can you picture a toad sitting on top of a giant mushroom?

Some mushrooms are good to eat, like portobellos, crimini, and shiitakes, while others are extremely poisonous. Never eat a mushroom you find growing outside unless you are with a mushroom expert!

The Honey Mushroom in the Blue Mountains of Oregon is the world's largest living thing. It is actually a mushroom colony and is believed to be at least 2,000 years old! It covers almost four square miles!

Some mushrooms live entirely underwater.

In the Amazon rainforest, mushrooms release spores into the air, which creates the surface for water to condense and can trigger rain. The rain then causes more fungi to grow.

Before the invention of colorful synthetic dyes, people used mushrooms for dyeing wool and other natural fibers.

Greek warriors ate mushrooms to increase their strength before battle.

Mushrooms are one of the vegetable world's substitutes for meat.

Anatomy & Etymology

The largest mushroom you'll find in most grocery stores is the portobello. It is the fully grown version of the *Agaricus Bisporus* species and has a large, brown cap. Smaller, immature mushrooms may be brown, like the crimini, or white, like the button.

Mushrooms contain more than 90 percent water!

Some mushrooms glow in the dark! They produce light through a process called bioluminescence. People

used to carry these in ancient times to light their way through the forest.

Mushrooms can grow super fast. Once they break through the surface of whatever they're growing on, they can double their size in just one day.

The word "mushroom" comes from late Middle English for any fungus with a fleshy and fruiting body. It is derived from the Old French "mousseron," from the late Latin "mussirio."

How to Pick, Buy, & Eat

Wild mushrooms can be found in many wooded areas. If you choose to harvest wild mushrooms, make certain you have a professional identify your pick. Many mushrooms may resemble safe mushrooms but are actually poisonous!

Buy mushrooms with whole, intact caps, and be sure they are not wet or slimy!

They will smell strong, sweet, and earthy when fresh.

Rinse mushrooms before you slice or cut them. Whole mushrooms won't absorb much water, while cut mushrooms will. Wait to rinse mushrooms until right before you cook them; otherwise, they'll turn slimy. Mushrooms can be broiled, sautéed, and grilled. Mushrooms can be chopped or sliced and added to other dishes. Portobello caps are large enough to eat like a hamburger on a bun!

The mushroom cap is most often the part that is cooked and eaten. The stem can be fibrous and woody but will add flavor to vegetable or meat stock.

Mushrooms pair well with balsamic vinegar, fresh herbs (like oregano, rosemary, thyme, and cilantro), marinara, spinach, leafy greens, tomatoes, goat cheese, mozzarella, cream-based sauces, garlic, and onions.

Store mushrooms in a partially closed resealable plastic bag to ensure air circulation without drying out the mushrooms.

Nutrition

Mushrooms are low in calories and are an excellent source of B vitamins. These vitamins are needed for healthy cell and brain function, and they help prevent cancer and stress.

Even though mushrooms don't use the sun for energy, they use it to produce vitamin D, just like humans do! Vitamin D is essential to our bones! It keeps them strong and regenerating.

Mushrooms have essential minerals such as selenium, copper, phosphorus, zinc, and potassium. Copper helps the body build red blood cells and is necessary for the health of our bones. Selenium is an antioxidant that may decrease cancer risk.

Mushrooms have been used successfully in traditional Chinese medicine for thousands of years to treat many health conditions. Western medicine is finally beginning to recognize and utilize some of the medicine mushrooms naturally contain.

