



## **Fabulosos Avocado Street Tacos + Mexican Slaw + Cilantro Crema + Melon Agua Fresca**

By Erin Fletter

**Prep Time 30 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

FRESH

2 ripe, firm avocados

1/4 to 1/2 head red or green cabbage

1 carrot

2 radishes

3 limes

1 handful cilantro

2 C cantaloupe, watermelon, or honeydew

DAIRY AND EGGS

1 egg **\*\* (see allergy subs below) \*\***

1/4 C Greek yogurt or sour cream **\*\* (see allergy subs below) \*\***

PANTRY

1/2 C all-purpose flour **\*\* (see allergy subs below) \*\***

1/2 C panko breadcrumbs **\*\* (see allergy subs below) \*\***

1/2 C vegetable oil **\*\***

8 to 12 small corn tortillas

hot sauce, optional

- 1/2 tsp salt + more to taste
- 1/4 tsp granulated sugar
- 1 pinch ground black pepper + more to taste
- 1/2 C sugar/honey/agave
- 1 1/2 C water or sparkling water
- HAVE ON HAND
- 2 C ice

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

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

**dredge:** to dip poultry, fish, or meat in flour, cornmeal, or breadcrumbs to help preserve moisture during cooking and give your food a crispy coating, also referred to as "breading."

**fry:** to cook in a pan in a small amount of fat.

**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.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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

**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.

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

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- Cutting board + kid-safe knife
- Bowls (3) for dredging avocado
- Whisk
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Plate
- Skillet
- Slotted spoon
- Tongs (optional)
- Paper towels
- Medium bowl
- Grater
- Citrus juicer (optional)
- Small bowl
- Clean kid-safe scissors (optional)
- Citrus squeezer (optional)
- Blender (or pitcher + immersion blender)
- Cutting board
- Kid-safe knife

## **Ingredients**

### **Fabulosos Avocado Street Tacos**

- 2 ripe, firm avocados
- 1 egg **\*\* (Omit for EGG ALLERGY—more info below) \*\***
- 1/2 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour) \*\***
- 1/2 C panko breadcrumbs **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free breadcrumbs) \*\***
- 1/4 C vegetable oil **\*\***, for frying

8 to 12 small corn tortillas

hot sauce, optional

### Mexican Slaw

1/4 to 1/2 head red or green cabbage

1 carrot

2 radishes

2 tsp vegetable oil \*\*

1/4 tsp salt

1/4 tsp granulated sugar

1 lime

### Cilantro Crema

1 handful cilantro

1 lime

1/4 C plain Greek yogurt or sour cream \*\*(for DAIRY ALLERGY sub 1/4 C dairy-free/nut-free plain Greek yogurt or sour cream)\*\*

1/4 tsp salt + more to taste

1 pinch ground black pepper + more to taste

### Melon Agua Fresca

1 lime, juiced

2 C cantaloupe, watermelon, or honeydew (about 1/4 to 1/2 melon)

1 1/2 C sparkling or still water

1/2 C sugar/honey/agave syrup (or 4 to 5 stevia packets)

2 C ice

## Food Allergen Substitutions

### Fabulosos Avocado Street Tacos

**Egg:** Omit 1 egg. Add a splash of water to the chopped avocado before adding the flour and panko.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour and breadcrumbs.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

## Mexican Slaw

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

## Cilantro Crema

**Dairy:** For C plain Greek yogurt or sour cream, substitute dairy-free/nut-free plain Greek yogurt or sour cream.

## Melon Agua Fresca

## Instructions

### Fabulosos Avocado Street Tacos

#### feel + guess

Have your students feel the avocado—what does the skin look and feel like? (I think it looks like an alligator, but I've never pet an alligator before.) Is this a fruit or a vegetable? (It's a fruit). Does it grow underground? On a bush? On a tree? (On a tree.)

#### cut + twist + slice

Cut around the lengthwise circumference of **2 avocados**. Twist open and remove the pit. Slice each avocado half into 4 to 6 lengthwise slices and remove the skin, leaving the flesh behind in long strips. You can also cut the avocado flesh into cubes. If you have never done this, check out this **avocado how-to**.

#### crack + measure

Arrange three bowls. In the first bowl, crack and whisk up **1 large egg**. In the second bowl, measure **1/2 cup of flour**. Next, measure **1/2 cup of panko breadcrumbs** in the third bowl.

#### dredge + shake + coat

Have your kids dip each piece of avocado into the flour to 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

Grownups, heat **1/4 cup of vegetable oil** in a skillet on your stovetop over medium-high heat. With a slotted spoon, gently place half of the avocado slices into the hot oil and cook on the first side for a couple of minutes. Carefully turn the avocado slices over and cook a couple of more minutes until they are an even golden brown. Using a slotted spoon or tongs, transfer the avocado slices to paper towels to drain.

#### warm + top

Warm **8 to 12 corn tortillas** on each side, until soft, in a pan over your stovetop. Fill each tortilla with **Mexican Slaw** and **Cilantro Crema**, then place **1 to 2 fried avocado slices** on top. Top with **hot sauce** if using! "Buen provecho" (Bwayn proh-VAY-choh) or "Enjoy your meal" in Spanish!

### Mexican Slaw

#### chop + grate + slice

Finely chop **1/4 to 1/2 head of cabbage**, grate **1 carrot**, and slice **2 radishes**. Combine in a bowl.

#### scrumptious science

A marinade is a liquid or sauce made to soak foods in to absorb flavor. Marinades usually include an acid like vinegar, lemon juice, or lime juice to help soften the food you are soaking. This process is called "marination" or "to marinate."

#### measure + squeeze + toss

Measure and combine **2 teaspoons vegetable oil**, **1/4 tsp salt**, and **1/4 tsp 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 tacos, like our **Fabuloso Avocado Street Tacos**. Taste before serving and add any needed salt, sugar, or lime juice!

### Cilantro Crema

#### tear or snip + measure

Have your kids tear or snip the leaves of **1 handful of cilantro** and add to a small bowl with the juice of **1 lime**, **1/4 cup Greek yogurt or sour cream**, **1/4 teaspoon salt**, and **1 pinch of black pepper**.

#### mash + enjoy!

Mash everything together until combined and creamy. Taste and add more salt or pepper if needed. Enjoy the Cilantro Crema with tacos, like our **Fabuloso Avocado Street Tacos**!

### Melon Agua Fresca

#### slice + squeeze

Slice **1 lime** in half and squeeze the juice into your blender (or pitcher for use with an immersion blender).

#### chop + add

Chop and add **2 cups cantaloupe** (or other melon), **1/2 cup sugar**, and **1 1/2 cups sparkling or still water** to the blender.

### blend + adjust

Blend until smooth and adjust flavors until just right! Serve in cups over ice. "Muy bien" or "Very good" in Spanish!

## Featured Ingredient: Avocado!

Hi! I'm Avocado!

"Hola! (Hello!) My name is Avocado, and I'm so happy to be an ingredient in your dish! Avocados can be sliced or chopped and presented naturally, or you can mash us and add lime or lemon juice, salt, cilantro, garlic, onions, jalapeños, and other seasonings to make Guacamole! The citrus juice provides flavor and also keeps us from turning brown in the air. Did you know that avocados are sometimes called Alligator Pears due to our pear-like shape and green skin?"

### History

Avocados originated in Mexico and Central America, where Spanish is the national language. Their history dates back 7,000 years. Avocado in Spanish is "aguacate!"

Avocados are now popular all over the globe and are used in all types of recipes! Most of our avocados are grown in Mexico and California. Avocado trees grow best in mild, warm climates with moderate humidity. They don't like cold weather.

The most popular avocado is the "Hass." All Hass avocados are descendants of a "mother tree" that grew in the backyard of a man's house in California.

### Anatomy & Etymology

Avocados have a seed or pit! Botanically speaking, that makes them a fruit! So, technically, avocados are berries. Berry interesting, no?

Avocados come in different shapes, from oval to pear, depending on the variety. The skin looks like fine leather, which helps them to withstand the fierce Mexican sun. It's not edible and is durable enough to protect the ripening avocado flesh inside.

Some have smooth skin, while others have a rougher, more pebbled appearance. Most are glossy green, while a few varieties turn purplish-black when ripe. But regardless of the exterior, all have a large, inedible seed surrounded by the soft, buttery, creamy-white to greenish-yellow flesh on the inside, with a delicate nutty taste!

The word "avocado" comes from the mid-17th century Spanish "aguacate," from the Nahuatl "ahuacatl," which has been combined with other words, such as "ahuacamolli," meaning avocado soup or sauce. That

is how we get the word "guacamole."

## How to Pick, Buy, & Eat

Avocados grow on big evergreen trees with a beautiful crown of smooth, glossy, dark green leaves that shade the avocados from the sun. Avocados mature slowly and steadily on the tree but put off ripening until picked. One tree can produce 150 to 500 avocados per year.

Avocado trees grow best in mild, warm climates with moderate humidity. They don't like cold weather.

How to properly peel an avocado: The method you use to peel an avocado can make a difference to your health. Research has shown that the greatest concentration of carotenoids in avocado occurs in the dark green flesh that lies just beneath the skin. Therefore, you don't want to slice into that dark green portion any more than necessary when peeling an avocado. For this reason, the best method is what the California Avocado Commission has called the "nick and peel" method. In this method, you peel the avocado with your hands in the same way you would peel a banana. The first step in the nick-and-peel method is to cut into the avocado lengthwise, producing two long avocado halves that are still connected in the middle by the seed. Next, you take hold of both halves and twist them in opposite directions until they naturally separate. At this point, remove the seed and cut each of the halves lengthwise to produce long quartered sections of the avocado. Finally, use your thumb and index finger to grip the edge of the skin on each quarter and peel it off, just as you would do with a banana skin. The result is a peeled avocado that contains most of that dark green outermost flesh that is so rich in carotenoid antioxidants!

Avocado is delicious mashed and spread on toast, chopped and added to salsas, sliced and fanned across salads, and diced and added to soups. In addition, avocado can be breaded and fried and stuffed into tacos, mashed or whipped and added to desserts (like cakes and puddings (yum!)), and, of course, used as a base for countless varieties of guacamole.

## Nutrition

Good fat! Avocado is one of only a few fruits to contain fat—the special kind that's really good for you and keeps you healthy. It's a source of essential fatty acids and is mostly the same kind of healthy fat found in olive oil. What body part needs this type of fat?! The brain!

Vitamin E keeps our blood healthy!

B Vitamins help our bodies make energy!

Fiber helps to reduce blood cholesterol levels and fight heart disease!

The most nutrition in an avocado is the part of the flesh that's closest to the peel! This darker green flesh has particular nutrients called carotenoids. The Guinness Book of World Records calls the Avocado the most nutritious fruit known to man!