

Traditional Mexican Recipes



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Gratifying Guacamole

You need (ask your parent to help you with any chopping):

- ✓ 2-3 avocados
- ✓ 1 small onion (chop it finely)
- ✓ 1 small red tomato chopped
- ✓ 1 pinch of salt
- ✓ 2 tablespoons olive oil
- ✓ 1 tablespoon lemon juice
- ✓ 1 handful chopped fresh cilantro
- ✓ 1 tablespoon lemon juice

What to do:

- 1) Mash the avocados in a bowl until mostly smooth.
- 2) Mix in the rest of the ingredients and stir until evenly distributed.
- 3) Taste to see if it needs any salt, pepper, or sugar.
- 4) Serve and enjoy (It is best to eat as soon as possible)!



Spicy Salsa (Salsa Ranchera)

This recipe will require help from parents

You need (ask your parent to help you with any chopping):

- ✓ 2 cloves of garlic (peeled)
- ✓ 4-5 tomatoes
- ✓ 2 tablespoons olive oil
- ✓ 1/3 cup onions (chopped)
- ✓ 2 tablespoons olive oil
- ✓ Salt (for tasting)
- ✓ Optional: 2 serrano peppers
(have your parents help you with the peppers)
- ✓ 1 tablespoon lemon juice



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What to do:

- 1) Ask a parent to help you heat up a frying pan and put in the tomatoes (without the oil). Mix the tomatoes until they are soft and their skin is charred.
- 2) Ask a parent to help you use a food processor to mix the garlic, tomatoes, and chilies until the mixture turns to a liquid.
- 3) Heat up the oil in the frying pan and cook the onions for about 3 minutes.
- 4) Pour the blended mixture into the pan and have it sit over low heat for about 10 minutes or until the sauce thickens a bit. Stir occasionally.
- 5) You will see black spots in the sauce. This is one of the things that makes it special!
- 6) Dip chips in the salsa or serve over tacos or enchiladas. *Muy bien!*
- 4) Serve and enjoy (It is best to eat as soon as possible)!

Quality Quesadillas

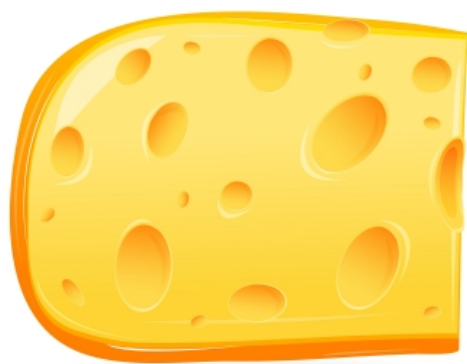
MAKES 1 QUESADILLA. This recipe will require help from parents to fry quesadillas

You need

- ✓ 1 Mexican corn tortillas
- ✓ $\frac{1}{4}$ cup shredded Monterey Jack cheese (or cheddar)
- ✓ $\frac{1}{2}$ tablespoon canola oil

What to do:

- 1) Have a parent help you spread the oil on a frying pan and place the tortilla on the pan with the heat on low. Allow the tortilla to warm.
- 2) Spread the cheese on the tortilla. Use a spatula to fold the tortilla in half and press together. Fry both sides of the tortilla until the cheese melts and the tortilla turns slightly golden.
- 3) Allow it to cool before eating and serve with homemade salsa or guacamole (in previous recipes).



Perfect Polvorones (Mexican Sugar Cookie)

You need

- ✓ 2 cups all-purpose flour
- ✓ 1 cup sugar
- ✓ $\frac{1}{2}$ teaspoon cinnamon
- ✓ 1 cup butter (softened)



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What to do:

- 1) Have a parent help you preheat your oven to 325 degrees Fahrenheit.
- 2) In a medium size bowl, mix flour, cinnamon, and sugar together. In a large bowl, use an electric mixer to cream butter. Slowly add the mixture from the medium size bowl to this bowl and mix it all together.
- 3) Put about a teaspoon of dough (per cookie) onto an ungreased cookie sheet and bake for about twenty minutes.
- 4) During the last 5 minutes of baking, sprinkle a little cinnamon and sugar on top of the cookies.
- 5) Allow cookies to cool before eating. Yum!

Enticing Enchiladas

You need

- ✓ 1 package (8 oz) cream cheese (softened)
- ✓ 2 cups cheddar cheese (shredded)
- ✓ 6 flour tortillas
- ✓ 1 jar of your favorite salsa (16 oz)—try our salsa recipe!
- ✓ $\frac{1}{4}$ cup thinly sliced green onions

What to do:

- 1) Have a parent help you preheat oven to 350 degrees Fahrenheit. In a large bowl, beat cream cheese with an electric mixer until it is smooth. Add 1 cup cheddar cheese and the onions and mix together.
- 2) Spread this on each tortilla and roll each tortilla and place facing down in a baking dish. Do this for all the tortillas.
- 3) Pour the salsa and sprinkle 1 cup cheddar cheese over the tortillas.
- 4) Bake your enchiladas for about 20 minutes.
- 5) Dinner is served!



Ravishing Rice

You need

- ✓ 2 cups uncooked long-grain white rice
- ✓ 2 tablespoons olive oil
- ✓ 2 $\frac{1}{2}$ cups water
- ✓ $\frac{1}{2}$ chicken bouillon
- ✓ $\frac{1}{2}$ medium thinly chopped onion
- ✓ $\frac{1}{2}$ cup salsa

What to do:

- 1) Have a parent help you heat oil in a medium non-stick pan. Pour the rice and onions into the pan and stir until they are all coated with the oil.
- 2) Cook this until the onions turn brown and add the salsa, stirring constantly.
- 3) Now, stir in the water and chicken bouillon and allow it to boil. Once it boils, reduce the heat to the low setting and cover the pan. Allow it to simmer on low heat for about 15 minutes, or until the rice has absorbed all the water and the rice is soft.
- 4) Muy bien!

