

Mexico

Guacamole Dip with Tortilla

Serves 12 (serving size: 2 tablespoons)

1 serving provides no significant food groups

Ingredients

- 1 plum tomato, chopped
- 2 ripe avocados, peeled, pitted, and mashed
- 1 tablespoon chopped onion
- 1 tablespoon lime juice
- 1 teaspoon chopped garlic
- ¼ teaspoon salt
- Dash pepper
- Tortilla chips

Directions

1. Chop the tomato and place in a medium bowl.
2. Add mashed avocado and remaining ingredients, and mix well.
3. Serve with tortilla chips.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 2 tablespoons (41g)
Servings Per Container 12

Amount Per Serving

Calories 60 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Mexico

Crispy Mexican Bites

Serves 18 (serving size: 2 pieces)

1 serving provides no significant food groups

Ingredients

- 4 ounces reduced-fat cream cheese, at room temperature
- 1/3 cup nonfat sour cream
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon chili powder
- 36 corn chip scoops
- 1 cup drained canned black beans
- 1 cup chunky salsa, drained
- 6 scallions, chopped fine

Make-ahead Note: The cream-cheese mixture can be refrigerated for 3 days. Fill the scoops up to 1 hour before serving.

Directions

1. Stir reduced-fat cream cheese, nonfat sour cream, garlic, oregano, and chili powder together in bowl until smooth.
2. Fill each corn chip scoop with black beans, salsa, cheese mixture, and scallions.
3. Serve within 1 hour.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 2 filled chips (41g)
Servings Per Container 18

Amount Per Serving

Calories 40 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **8%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 2%

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Mexico

Tasty Tacos

Serves 8 (serving size: 1 taco)

1 serving provides 1 oz. Grains, 2 oz. Meat & Beans groups

Ingredients

- 1 pound ground beef
- 1 tablespoon taco seasoning
- 2 tablespoons water
- 1 tomato, chopped
- ½ cup shredded lettuce
- ½ cup shredded cheddar cheese
- ½ cup salsa
- 8 hard taco shells

Everyone loves tacos in some form or another. Add some guacamole and sour cream, or substitute soft shells for a change.

Have youth each make their own creations using whatever ingredients they choose.

Directions

1. In a large skillet, brown the ground beef. Drain the excess fat from the ground beef.
2. Add the taco seasoning and water. Stir well.
3. Put the ground beef mixture into a serving bowl.
4. Put the chopped tomato, shredded lettuce, shredded cheese, and salsa in separate serving bowls.
5. Serve with the ground beef and taco shells.

Nutrition Facts

Serving Size 1 taco (108g)
Servings Per Container 8 tacos

Amount Per Serving		% Daily Value*	
Calories 160	Calories from Fat 60		
Total Fat 6g			9%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 240mg			10%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 14g			
Vitamin A 4%		Vitamin C 20%	
Calcium 10%		Iron 6%	

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Mexico

Tortilla Crisps

Serves 12 (serving size: 6 chips)

1 serving provides 1 oz. Grains group

Ingredients

- 12 (6-inch) corn or flour tortillas
- Vegetable oil spray
- ½ teaspoon salt (optional)

Variation: Cinnamon Tortilla Crisps

After step 5, sprinkle with a mixture of cinnamon and sugar, then bake as above.

Variation: Cheese Nachos

After step 6, move chips closer together and sprinkle with shredded Colby or Monterey Jack cheese. Bake for 3 minutes or until cheese is melted.

Directions

1. Preheat oven to 400 degrees F.
2. Lay six tortillas on cutting board. Spray tortillas with vegetable oil spray.
3. Optional: Sprinkle ½ teaspoon salt lightly over all tortillas. Turn tortillas over; spray and lightly salt the other sides.
4. Place tortillas in a stack. With chef's knife or pizza cutter, cut stack into four to six pieces, forming triangles or wedges.
5. Lay tortilla triangles out in one layer on unsprayed cookie sheet.
6. Place cookie sheet in preheated oven. Bake chips 8 to 9 minutes or until they are crisp.
7. With oven mitts, remove cookie sheet from oven to wire cooling rack. Serve chips immediately with your favorite dip, or let chips cool completely and store in sealed plastic bag or airtight container.

Nutrition Facts

Serving Size 6 chips (354g)
Servings Per Container 12

Amount Per Serving

Calories 1200 **Calories from Fat** 270

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 6g **30%**

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 2700mg **113%**

Total Carbohydrate 192g **64%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 24g

Vitamin A 0% • Vitamin C 0%

Calcium 25% • Iron 60%

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Mexico

Bread Machine Whole-wheat Pizza Dough

Serves 8 (serving size: 1 slice)

1 serving provides 1 oz. Grains group

Ingredients

- 6 ounces ($\frac{3}{4}$ cup) lukewarm water
- 1 tablespoon vegetable oil
- 2 $\frac{1}{4}$ cups whole-wheat flour
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons active dry yeast or 1 $\frac{1}{2}$ teaspoons bread machine/fast-rise yeast
- 8 ounces pizza sauce
- Vegetable toppings (such as red peppers, spinach, tomatoes, mushrooms)
- $\frac{1}{4}$ cup red peppers
- $\frac{1}{4}$ cup spinach
- $\frac{1}{2}$ cup tomatoes
- $\frac{1}{2}$ cup mushrooms
- $\frac{3}{4}$ cup cheese

Make pizza dough and have children make individual pizzas.

(Makes crust for a 12- or 14-inch pizza. Recipe may be doubled to make two pizzas.)

Directions

1. Preheat oven to 425 degrees F.
2. To prepare dough: Add all ingredients, except sauce and toppings, to pan in order listed, making a well in center of dry ingredients for yeast. Lock pan into bread maker.
3. Program for dough. Program timer if being used. Start bread maker.
4. When done, remove dough and place on floured surface.
5. To shape: Roll dough out to fit 12- or 14-inch pizza pan. Place dough into greased pan that has been sprinkled with cornmeal. Press dough into pan, forming an edge.
6. Let dough rise in warm, draft-free place for 20 to 25 minutes.
7. To bake: Spread pizza sauce evenly over crust, then top with your favorite vegetables and shredded cheese.
8. Bake for 20 to 25 minutes or until nicely browned on top.
9. Let rest 5 minutes before cutting.

Nutrition Facts

Serving Size 1 slice (85g)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 8g

Vitamin A 6% • Vitamin C 6%

Calcium 10% • Iron 10%

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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Mexico

Tortillas with Cheese (Quesadillas)

Serves 6 (serving size: 1 tortilla)

1 serving provides 1 oz. Grains group

Ingredients

- 6 (6-inch) corn or (8-inch) flour tortillas
- 1 cup shredded cheddar cheese
- Salsa, optional
- Refried beans, optional
- Chili peppers, optional

Directions

1. Place one tortilla on a paper plate. Microwave for 15 seconds on high power.
2. Spread about 2 tablespoons of cheese slightly off center of the hot tortilla.
3. Fold tortilla in half, return it to the microwave, and cook 15 seconds more on high power or until cheese melts. Repeat this for all tortillas.
4. Serve quesadillas immediately with salsa and refried beans or chili peppers on the side if desired.

MICROWAVE RECIPE

Warning
Never use metal or aluminum
in a microwave oven

Nutrition Facts

Serving Size 1 tortilla (47g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat --g

Cholesterol 10mg **3%**

Sodium 150mg **6%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 6g

Vitamin A 8% • Vitamin C 0%

Calcium 15% • Iron 2%

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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Mexico

Cheesy Baked Nacho Chips

Serves 10 (serving size: 3 pieces)

1 serving provides 1/2 oz. Grains group

Ingredients

- 5 corn tortillas
- Nonstick cooking spray
- 1/2 cup Colby or Monterey Jack cheese, shredded

Directions

1. Preheat oven to 400 degrees F.
2. Cut tortillas into six triangles like a pie.
3. Place tortillas in a single layer on a baking sheet.
4. Spray with nonstick cooking spray.
5. Bake 5 to 8 minutes until golden brown and crispy.
6. Top with cheese and bake 3 minutes or microwave 1 minute until melted.
7. Serve.

MICROWAVE RECIPE

(optional)

Warning

Never use metal or aluminum
in a microwave oven

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Nutrition Facts

Serving Size 3 pieces (19g)
Servings Per Container 10

Amount Per Serving

Calories 60 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Mexico

Vegetable Burrito Serves 4 (serving size: 1/2 burrito)

Ingredients

- 2 large burrito-size flour tortillas
- 2/3 cup fat-free canned refried beans
- 1 cup shredded part-skim mozzarella cheese
- 1 medium tomato, chopped
- 2 green onions, chopped (use the white and green parts)
- 1 1/2 cups pre-bagged chopped romaine lettuce, washed, dried
- 1/2 cup salsa for dipping (optional)

1 serving provides 1 cup Milk, 1/2 cup Vegetables groups

Directions

1. Place each tortilla on a paper plate.
2. Using a butter knife or plastic knife, spread 1/2 cup refried beans over the entire surface of the tortilla.
3. Microwave on high for 30 seconds or until beans are heated.
4. Top each tortilla with 1/2 cup shredded cheese, half the chopped tomatoes and green onion and 3/4 cup lettuce.
5. Roll up, tucking in both sides of each tortilla as you roll it up.
6. Cut the burrito in half, sharing half with your partner.

MICROWAVE RECIPE

Warning
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in a microwave oven

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Nutrition Facts

Serving Size 1/2 burrito (776g)
Servings Per Container 4

Amount Per Serving

Calories 810 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 3230mg **135%**

Total Carbohydrate 109g **36%**

Dietary Fiber 26g **104%**

Sugars 9g

Protein 59g

Vitamin A 140% • Vitamin C 60%

Calcium 110% • Iron 20%

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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

