

Lesson 6A Totally Awesome Tomato Lunch Wrap

Materials Required:

- Dry measuring cups
- Measuring spoons
- Large microwave safe bowl
- Sturdy mixing spoon
- Spoons
- Small bowl
- Paper plates and napkins
- Child safety knives
- Cutting boards
- Cleaning supplies

1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: Turkey strips, assorted spices, guacamole, sour cream, whole grain tortilla, shredded cheese, lettuce, tomato

1. Season 16 turkey strips with $\frac{1}{2}$ tsp oregano, $\frac{1}{2}$ tsp chili powder, and $\frac{1}{2}$ of cumin.
2. Heat seasoned turkey in microwave for 1 min or until hot
3. Make guacamole spread with 1:1 ratio of guacamole to sour cream and a pinch of garlic powder and black pepper. Mix and set aside.
4. Heat individual tortillas in microwave for 10 seconds
5. Lay tortillas flat, layer guacamole spread, $\frac{1}{4}$ C shredded cheese, turkey strips, shredded lettuce, and tomatoes
6. Roll into wrap and cut into $\frac{1}{3}$ slices and enjoy

2) Quick Review: History and Many Uses of Tortillas

a. History

- Indigenous (the first peoples, or native) cultures in Mexico have been making them for thousands of years
- Corn was a staple crop for the Aztecs, an indigenous civilization in Mexico. They learned that soaking and cooking the corn in water with wood ashes (an alkaline solution) made it easier to grind into masa (a wet corn flour). The masa gets rolled into balls, then flattened into tortillas and cooked on top of a stove. The processed corn was sweeter, more tender, and more nutritious [the process is called nixtamalization].
- Around the 1500's, in the northern Mexican states, wheat flour was mixed with water, salt, and lard (fat from pork) to make flour tortillas.

b. Different uses

- As simple tortillas, a type of flatbread, that may be used as a utensil (like a spoon) to eat with beans or other foods
- Tortilla chips – fried or baked
- Crispy taco or tostada shells – fried or baked
- Sweetened with honey or sugar and cinnamon, like a buñuelo
- Burritos, wraps, enchiladas, quesadillas, etc. – *what's your favorite?*

3) Clean Up

Optional activities for this lesson (see back of booklet):

- Grocery Store Bingo and Scavenger Hunt Print-Outs