

TORTILLA FRENZY

a

Cooking for Kids with Luis

recipe

I'll show you how I make Tortilla Frenzy for my friends!
It's easy, good for you, and fun to make!

INGREDIENTS:

1 packet Tortillas
Ham or chicken
Avocados
Tomatoes
Lettuce
1 cup Cheese (Cheddar or Jack)
Mayonnaise

RECIPE:

Wash your hands. Put your apron on. Let's cook!

1. Cheese

To prepare the tortillas, you will need to grate some cheese... Watch your fingers!

2. Lettuce & Tomatoes

Wash the lettuce and tear it into pieces. Get a parent to cut the tomatoes.

3. Tortillas

To heat the tortillas, get an adult to heat the frying pan and stand nearby. You can also heat the tortillas in a microwave. Heat each side of the tortilla for about 20 seconds.

4. Filling

Take one tortilla and add whatever ingredients you want. First, I like to spread some mayonnaise on the tortilla. Then, I add some ham, lettuce, chopped tomato, and avocado. Don't overfill it, because you need to be able to fold it into a pocket.

5. Folding

Once you've added the ingredients to the tortilla, fold it over and serve. It's that easy!

6. Drink

Because cooking is thirsty work, make sure you have a drink handy. This is where a 50/50 comes in handy—half water and half juice. Drink lots!

7. Piñata

To make this a real Central American treat, get an adult to hang a piñata from a tree. You and your friends can take turns hitting the piñata with a stick until it breaks and candy flies out. Your friends will love it!



©2005 Noggin LLC. All Rights Reserved. Noggin, Cooking with Luis and all related titles, logos and characters are trademarks of Viacom International Inc.



NOGGIN.COM
It's like preschool on TV.
PRINTABLE #