



RICE AND MILK (RICE PUDDING) (ARROZ CON LECHE)

Ingredients:

- 3 cups milk (la leche)
- 2 cups cooked white rice (el arroz)
- 1/3 cup sugar (el azúcar)
- 1/2 tsp. ground cinnamon (la canela en polvo)
- 1/2 tsp. salt (la sal)

Directions:

1. In a saucepan, combine 3 cups milk, 2 cups cooked white rice, 1/3 cup sugar, 1/2 tsp. ground cinnamon, and 1/2 tsp. salt.
2. Bring to a boil, then lower the heat and simmer, stirring occasionally, until the milk is absorbed and the pudding is thickened, about 20 minutes. Please use caution whenever using hot pots near children. Serve warm or let cool. Makes 3 1/2 cups.

PLEASE NOTE: While fruits and vegetables are an important part of the foods we eat, "sweet treats" are a delight to have on occasion.

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GUACAMOLE

Ingredients:

- 2 ripe avocados (los aguacates)
- 1 small onion (la cebolla)
- 1 clove garlic (el ajo)
- 1 small tomato (el tomate)
- ¼ tsp. salt (la sal)
- ¼ tsp. pepper (el pimiento)
- 1½ Tbsp. lime juice (el jugo de limón)

Directions:

1. **PLEASE NOTE:** *Exercise caution when using knives near children.*
2. Peel avocados and remove the pits.
3. Peel and mince the onion and the garlic.
4. Chop the tomato.
5. Mash the avocados in a bowl (fun for kids) and then stir in the remaining ingredients.
6. Serve with corn chips (los totopos de maiz).

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SALSA

Ingredients:

- 28 oz. can of crushed tomatoes (los tomates)
- onion (la cebolla)
- clove of garlic (el ajo)
- jalapeno pepper (el jalapeño)
- Tbsp. lemon juice (el jugo de limón)
- fresh cilantro (el cilantro)
- a dash of salt (la sal)
- a dash of pepper (el pimiento)

Directions:

1. **PLEASE NOTE:** *Exercise caution when using knives near children and only adults should handle jalapenos.*
2. Chop garlic, onions, and jalapeno pepper and place in a bowl.
3. Chop tomatoes and cilantro and add to the ingredients in the bowl.
4. Stir in the lemon juice, salt, and pepper.
5. Mix and serve with corn chips (los totopos de maiz).

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