

Meal Challenge

Serves 4-6

Tostadas!

What you need:

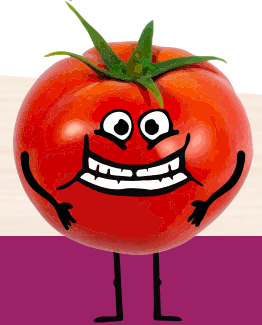
- 12 corn tortillas
- 2 (15 to 30 oz.) cans of refried beans
- 8 oz. grated cheese
- Half a head of lettuce, sliced or chopped
- One or two tomatoes, chopped
- 1/2 cup vegetable oil
- Mexican salsa or hot sauce, to taste

Food Dare

Use your avos to make guac instead. Bad news, you'll probably have to eat it all; otherwise, it'll get brown. Or at least that's what we tell ourselves...

What to do!

- 1** Heat oil in a skillet on medium-high heat. Place tortillas in pan. After 1-2 minutes, turn over. Repeat until brown and crisp. Remove from pan.
- 2** Heat beans on low heat; stir frequently.
- 3** Spread 1-2 tablespoons of beans on each tortilla, then put on plates.
- 4** Place lettuce, tomatoes, cheese, and salsa in bowls. Now, everyone can create their own tostada!



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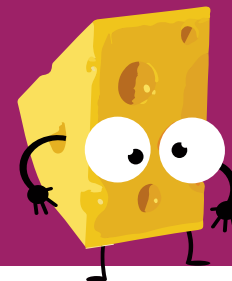
Table Talks

- 1** Who is the funniest person you know?
- 2** What is your favorite childhood storybook? What's special about it?
- 3** What would happen if the sun was always shining and it never rained?

Mealtime Activity

Guess the Ingredient

Ask your diners to guess the ingredients in a new dish. Add a rarely used spice or flavor element into a meal with a dash of cinnamon, a splash of lime juice, or a squirt of fish sauce. And don't be surprised if children are better at this game than the adults!



Just The Facts

Brain functioning can be permanently impaired by alcohol use, including decreased ability in planning, executive functioning, memory, spatial operations, and attention.*

*National Survey on Drug Use and Health, Center for Behavioral Health Statistics and Quality, 2017.