



LESSON 10: TAKEOUT

TODAY WE LEARNED | THE CULTURE OF FOOD

- People around the world have different food traditions. The food people eat often depends on what foods are plentiful in their region. The way food is prepared and served depends on local customs that may have developed over many generations.
- The US is a “melting pot” of different food cultures. For example, in Harlem we can find food from the Caribbean, Africa, Asia, Latin America, and the American South that has all been brought to New York.
- Food serves as an important link to cultural identity, especially for families who move from other countries to the US.
- Food brings people together. Meals with family and friends become a source of nourishment as well as quality time spent together.

BREAKFAST IDEA | EGG AND CHEESE QUESADILLA

Ingredients: 2 eggs, 1 Tbsp milk, dash of salt, 2 whole wheat tortillas, 1-2 ounces shredded cheddar cheese, guacamole or sliced avocado, salsa

- Stir together eggs, milk and salt in a separate bowl while heating a large nonstick skillet over medium heat until hot. Pour eggs into skillet. As eggs begin to set, gently pull them across the pan with a spatula, forming large, soft mounds. Continue cooking – pulling, lifting and folding the eggs until thickened with no visible liquid remaining. Do not stir constantly.
- Spoon eggs onto 1 tortilla, spreading evenly. Clean skillet and return to stovetop.
- Set tortilla with eggs on top into skillet and sprinkle shredded cheese evenly on top. Cover with a second tortilla. Heat over medium-low heat, until cheese begins to melt. Then flip over and toast the other side for 1-2 minutes more.
- Serve by cutting into quarters or smaller and serve with guacamole (or avocado slices) and/or salsa.

TIPS AND TRICKS

1. **Short on Time?** Make multiple quesadillas over the weekend, store in a ziplock bag, and freeze. Then you can just pop one in the microwave and be on your way. Or cook the eggs in the microwave and crumble onto the tortilla.
2. **Read the Label** When buying guacamole, look at the ingredients list. You want a guacamole with a handful of easy to read ingredients. Or make your own by mashing up an avocado and mixing in your favorite salsa. Be sure to read the ingredients on the salsa, too!
3. **Picking an Avocado** When choosing an avocado, look for one that is slightly soft to the touch, but not squishy. If you can't find one that is perfectly ripe, set it on the counter or in a bag with a bunch of bananas. It will ripen quicker!