



# List of Supplies Needed

## Lesson 8: Veggie Tostada

### General

- Lesson plan
- Activity worksheet
- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/lesson8](http://foodliteracycenter.org/lesson8)

### Cooking

- Aprons
- Kitchen towel
- Disposable rubber gloves
- Saucepan with lid to cook rice
- Spoon & fork to serve rice
- Tongs to toss & serve cabbage slaw
- Grater to zest lime
- Measuring cups & measuring spoons
- Cutting mat or cutting board
- Plastic kid knife or butter knife
- Chef knife for adults
- Small pot for pickled onion recipe
- Food chopper
- Mason jar
- 2 mixing bowls & mixing spoons for slaw & rice

### Food & Produce

#### Tostadas

- Tostada shells
- Cotija cheese
- Lime

#### Tomato Lime Brown Rice

- Brown rice
- Lime
- Tomato Sauce
- Frozen or fresh corn
- Black beans

#### Pickled Onion

- Red Onion
- White vinegar
- Lime

#### Cabbage Jalapeno Slaw

- Cabbage
- Cilantro
- Jalapeno
- Lime
- Garlic powder
- Onion powder
- Dried oregano
- Black pepper
- Sour cream or Mexican crema

