



Health & Nutrition

## Kids Cook!

### A Corny Summer

- This lesson teaches students how to create a colorful and healthy meal, and how to properly use an oven.
- Items needed for this lesson: apron (optional), can opener, colander, dry measuring cup set, liquid measuring cup, large spoon or spatula for stirring, cutting board, chef knife, paring knife or a [kids knife](#) (available on Amazon, see example), measuring spoons, small bowl for cheese, iron griddle or skillet, food brush, pizza cutter, oven, baking sheets, pastry brush, small and large mixing bowls, large serving bowl and plate.

#### CORN BURRITO BOWL

##### Ingredients:

- 3 cups of chopped lettuce
- cilantro vinaigrette, ½ cup
- 15oz can corn (2), drained
- 15oz can black beans, drained and rinsed
- grape tomatoes sliced, 1 cup
- 1 diced avocado
- ¼ cup diced red onion
- ¼ cup crumbled cotija cheese

##### Directions:

1. In large bowl, toss lettuce with half of cilantro vinaigrette
2. In a separate bowl combine corn, black beans, tomatoes, avocado, and red onion; toss with remaining vinaigrette.
3. Place corn and bean mixture on top of lettuce; sprinkle with cheese. Serve immediately

#### BAKED TORTILLA CHIPS

##### Ingredients:

- 6-inch corn tortillas (8)
- 1/3 cup olive oil
- ¼ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp onion powder
- ¼ tsp ground cumin
- ¼ tsp black pepper
- cayenne pepper (optional)

##### Directions:

1. Preheat oven to 350
2. Mix all spices into olive oil
3. Brush both sides of the tortillas with the oil mixture
4. Stack tortillas; cut into sixths
5. Spread tortilla wedges onto baking sheets
6. Bake for 12-15 minutes, until crispy.

#### FIESTA CORN ON THE COBB

##### Ingredients:

- 4 ears corn, husked
- ½ cup low fat mayonnaise
- 1½ cup low fat or nonfat sour or plain nonfat Greek yogurt
- 1 tbsp. chili lime seasoning
- 1 cup cotija cheese, crumbled
- 1 lime, cut into wedges

##### Directions:

1. Grill corn on a griddle pan or skillet until slightly charred
2. Mix mayonnaise, sour cream, and chili lime seasoning
3. Spread mayonnaise mixture onto corn while it's still warm
4. Sprinkle cotija cheese on corn
5. Serve with lime wedges; squeeze lime over the corn if desired.

For more information, please visit our website: [extension.unr.edu](http://extension.unr.edu) and search "Kids Cook"

