

Fiesta Mexicana

Theme Overview: Mexican food is well known all around the globe, and also one of the most-craved cuisines! Tacos, quesadillas, burritos, enchiladas – foods that are big in flavor. Corn, beans and peppers are all staples in Mexican cuisine. Mexican dishes are fun for a party but easy enough to fix for a weeknight dinner.

Mexican cuisine is a complex and ancient cuisine, with techniques and skills developed over thousands of years of history. The dishes are created mostly with ingredients native to Mexico. Mexican cuisine has been influenced by its proximity to the United States. For example, burritos were thought to have been invented for easier transportation of beans by wrapping them in tortillas for field labor. Modifications like these brought Mexican cuisine to the U.S.

Food allergies: Recipes can be modified to accommodate food allergies and preferences.

Reporting: To receive the December Food, Fun, 4-H mailing of utensils, 4-H members *must* reply via email to kelliec@uwyo.edu by November 25, 2022. *Reporting:* Use “Food, Fun, 4-H” in the email subject line & must include the following:

- 1 photo preparing one of the dishes
- 1 photo of family meal
- Respond to the following statements about this month’s theme, activities and recipes:
 - “I like...”
 - “I wish...”
 - “I wonder...”

Dinner Conversation Topics:

- What was the best part of your day?
- What is one way that you helped another person today?
- What is your biggest fear?
- What is your favorite Mexican food?
- If you could pick your own name, what would it be?

Family Physical Activity Ideas:

- Go on a family walk after dinner
- Host a balloon juggling competition
- Play a game of hide and seek

Fair Entry Idea: Want to research more about the Mexican culture? Learn more about breads or cheeses of Mexico or learn about the food for a particular Mexican celebration and turn it in to a poster entry in the Foods category at the fair.

November Shopping List

Meat:

- 1 lb. (at least 80%) ground beef

Canned/Jarred

- 2 jars (10 oz. each) mild red enchilada sauce
- 1 can (4.5 oz.) chopped green chilis
- Optional - 1 can (4.5 oz.) sliced black olives

Bread:

- 1 package (8.2 oz.) flour tortillas for soft tacos & fajitas (6 inch) or make your own using recipe.

Dairy/Refrigerator Section:

- 1 1/2 cups shredded Cheddar cheese (6 oz.)