
Black Bean Tacos

Allergy Alert: Dairy



Ingredients:

1	15 oz. Can Black Beans	2-3	Green Onions
½ tsp	Cumin	1/3 cup	Fresh Cilantro
5 tsp	Olive Oil	4	White or Yellow Corn Tortillas
1 tbsp	Lime Juice	1/3 cup	Feta Cheese
2 cups	Cole Slaw Mix		Bottle Hot Sauce

Directions:

1. Place beans and cumin in small bowl, partially mash
2. Mix lime juice and 2 teaspoons olive oil in another bowl
3. Add coleslaw, onions, and cilantro to juice and oil, toss to coat (add cheese)
4. Season to taste with salt and pepper
5. Heat 3 tbsps. of oil over medium heat and add tortillas one at a time
6. Spoon ¼ cup of mixture into half a tortilla, cook 1 minute
7. Fold tacos, cook until brown, about 1 minute each side.
8. Fill taco with coleslaw mixture and drizzle with hot sauce.

Learning Objective: Scientific Knowledge, Scientific Skills and Methods, Language Development

- Develops increased ability to observe, describe, and discuss the natural world, materials, living things, and natural process
- Develops growing abilities to collect, describe, and record information through a variety of means, including discussion, drawing, maps and charts

Key Words: Lime juice, cilantro, cumin, green onions, feta cheese, crumble

Examples: During small group allow children to use their senses to smell, taste and feel ingredients. Chart children's responses to develop language skills.