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CREAMY CASHEW DIP

Makes 2 cups

Ingredients

- 1/2 Tbsp **apple cider vinegar**
- 1/2 Tbsp **lemon juice**
- 1 Tbsp **agave honey**
- 2 cups **dry raw cashews**
- 3/4 cup **onion, diced**
- 2 Tbsp **onion, finely chopped**

Mikkelsen Family
Emelia (K)

Directions

Blend all ingredients in a blender except cashews and onion.

Add cashews and blend.

Add diced onion and blend until smooth.

Pour the dip into a bowl and stir in finely chopped onion.

The dip will keep one week in the refrigerator.

Ingredients

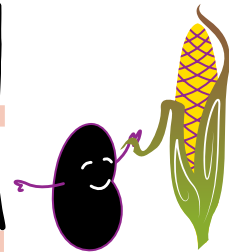
- 6-8 **small roma tomatoes, chopped**
- 2 **cans corn, drained**
- 1 **can black beans, rinsed and drained**
- 1/2 **onion finely chopped (any kind)**

Also, cilantro - finely chopped and chopped jalapeño (if desired).

salt, pepper, fresh garlic, freshly squeezed lime juice to taste.

Allman Family
Dain (K) and Maya (4th)

BLACK BEAN CORN SALSA



Makes 6 cups

 *Gluten Free*

Directions

Mix all ingredients together and serve with corn chips.



PROSCIUTTO

WRAPPED

ASPARAGUS

Ingredients

- 6 oz sliced prosciutto, halved horizontally
- 1 lb asparagus, trimmed
- 1 Tbsp olive oil

NOTE: The easiest, most tasty appetizer with just two ingredients and ten minute prep!

Varshay Family
Greyson (K)

Makes 12 to 16 spears?



Directions

Working one at a time, wrap halved prosciutto slice on each asparagus spear at an angle, covering the entire length of the spear. Repeat with remaining prosciutto and asparagus.

Heat olive oil in a large skillet over medium high heat. Add asparagus and cook until prosciutto is crisp and asparagus is tender, about 2–3 minutes.

Serve immediately.

**iConsejo!
Advice!**

Add some raw rice to the salt shaker to keep the salt free flowing. This helps absorb the moisture in the salt shaker so that the salt does not clump together.



EASY FRESH BRUSCHETTA

Makes 18 to 20 slices



Quick Cook

Ingredients

- 1 baguette, sliced
- 3-4 Roma tomato, sliced
- 20 fresh basil leaves
- 8 oz whole Mozzarella, sliced

Allman Family

Dain (K) and Maya (4th)

Directions

Toast the baguette slices on both sides. Lightly spread olive oil on toasted bread.

Stack one basil leaf, one thin slice of Mozzarella cheese and one tomato slice on each slice of bread.

**iConsejo!
Advice!**

In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.

Shake it up! Shake it on!