



## UNITED STATES

### DAY 4: SNACK

#### SOMETHING TO MAKE



### Tex-Mex Fajitas

Tex-Mex is a fusion of American and Mexican dishes. The style originated along the Texas-Mexico border and has spread across the Southwest. Tex-Mex is similar to Mexican but uses some ingredients not generally found in Mexico, like shredded cheese, cumin, bell peppers and flour tortillas. Chili con queso (a spicy melted cheese sauce also called simply "queso"), nachos, crispy tacos and fajitas are all uniquely Tex-Mex.

#### INGREDIENTS:

- 8 small flour tortillas
- 1 onion, thinly sliced and quartered
- 4 bell peppers, thickly sliced
- 8 ounces button mushrooms
- 3 cloves garlic, minced
- 2 tablespoons oil
- 1-1/4 teaspoon chili powder
- 3/4 teaspoon cumin
- 3/4 teaspoon salt
- 1/2 teaspoon smoked paprika

Optional additional toppings such as refried beans, shredded cheese, sour cream, salsa, etc.

#### DIRECTIONS:

- 1) Warm the tortillas — Heat oven to 350 F, wrap tortillas in aluminum foil, and place in oven for 15-20 minutes while the fajitas cook.
- 2) Heat oil in large skillet or frying pan. When hot, add onion, bell peppers, chili powder, cumin, salt and paprika. Cook until bell peppers start to soften, about five minutes.
- 3) Add mushrooms and garlic and continue to cook until mushrooms soften, about five to seven more minutes.
- 4) Serve in warmed tortillas with whatever toppings you choose.

#### SOMETHING TO MAKE



### Buckeyes

Ohio is famous for its buckeye trees. And for its buckeye candy, a chocolate-dipped peanut butter ball that looks a bit like the nut from a buckeye tree. Note: be aware of food allergies before choosing to serve this snack.

#### INGREDIENTS:

- 1-1/2 cup peanut butter
- 1/2 cup butter, softened
- 1/2 teaspoon vanilla
- 4 cups powdered sugar
- 3 cups semisweet chocolate chips
- 1 tablespoon shortening or coconut oil

#### DIRECTIONS:

- 1) Combine peanut butter, butter and vanilla in a mixer.
- 2) Slowly add powdered sugar until well combined.
- 3) Chill mixture for 30 minutes.
- 4) Roll mixture into small balls, place on a cookie sheet lined with parchment paper, and chill another 30 minutes.
- 5) Combine chocolate and shortening in a small bowl and microwave or heat slowly until melted.
- 6) Place a toothpick in each peanut butter ball, dip in chocolate, leaving a little peanut butter visible at the top, and return to parchment-lined cookie sheet. Chill until chocolate is hardened.

#### SOMETHING TO BUY



### Chips and Salsa

(or Chili Con Queso, or Guacamole)

Chips and salsa are the quintessential start to a Tex-Mex meal. Chili con queso (spicy cheese sauce) is available in the international section of most grocery stores, or in the chip aisle.



### Peanut Butter Cups

The shape is wrong for a buckeye, but the flavors are right. Be conscious of any nut allergies in the group before choosing to serve this snack.