



early childhood community development centre

Mexican Sombreros

Ingredients - Makes 6 servings

- ½ green pepper, chopped
- ½ small onion, chopped
- 1 Tablespoon water
- 1 slice whole-wheat bread, crust removed
- 1 Tablespoon skim milk
- 1 lb. fresh ground turkey (raw)
- 2 teaspoons dried parsley
- 2 Tablespoons taco seasoning
- 1 teaspoon chili powder
- vegetable oil spray
- 6 – 6 " whole-wheat tortillas
- 1 oz (1/4 cup) grated Cheddar cheese
- 6 teaspoons chunky Salsa

Directions

1. Place green peppers, onions and water in a microwave-safe bowl; cover with wax paper and microwave on HIGH for 4 minutes.
2. Preheat oven to 350 degrees F
3. Into a medium bowl, crumble bread into small pieces. Add milk and let stand for 3 to 4 minutes. Stir with wooden spoon until blended.
4. Mix ground turkey into the bread mixture, and add the seasonings and cooked pepper and onion. Mix well.
5. Spray muffin tins with vegetable oil spray.
6. With clean kitchen scissors, cut 4 slashes in each tortilla (at "12 o'clock, 3 o'clock, 6 o'clock and 9 o'clock" positions) from the edge toward the centre so that they will sit into the muffin tins without cracking; place each tortilla into a muffin tin
7. Divide the turkey mixture over each tortilla; cover with foil and bake in the oven for 30 minutes
8. When baked, remove "sombros" from the oven, and cover each with grated cheese.
9. Top with salsa, if desired.

Source: American Heart Association Kids' Cookbook (1993), edited by Mary Winston, Ed.D., R.D.

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