



### ...to Ethiopia!

During the month of May in public schools throughout Northern New Mexico, cooking classrooms were filled with the aromas of ginger, cardamom, cumin, and chile as kids toasted and ground spices to make Berbere, a sweet-spicy mix traditional to Ethiopian cuisine. They also prepared a braised cabbage dish called "Tikil Gomen", a cucumber yogurt salad, and a version of injera, the large, pancake-like bread that is both the delicious serving platter and eating utensil for most Ethiopian meals.



Under the instruction of CWK educator Taleia Monty, third graders at Gonzales Community School take turns pouring and flipping small injera flatbreads. Traditional Ethiopian injera is large enough to serve family-style covered with a variety of meat and vegetable dishes, but these kids are making smaller injera so they can practice pouring and flipping!



Forgoing the fork and using injera to scoop up every last bite!



Adding yogurt to diced cucumber to make a simple cucumber yogurt salad



Tearing up kale to toss into the berbere-spiced lentils.

## Students are explorers in Cooking with Kids

Exploring foods from different countries and cultures allows kids to make connections about the things they have in common with people from other parts of the world. Kids are quick to point out how much lentils and injera flatbread look like black beans and corn tortillas!

Using similar ingredients in different ways also helps kids discover their likes and dislikes. One student might like the fresh tomatoes of salsa fresca, while another student prefers cooked tomatoes in the sauce for fettuccine.



## This Year's Culinary Destinations

Click below to view each recipe

- **Mexico: Black Bean Tostadas with Salsa Fresca**
- **Italy: Fresh Fettuccine with Tomato-Basil Sauce**
- **China: Chinese American Fried Rice and Sweet & Sour Cucumbers**
- **El Salvador: Pupusas with Curtido & Salsa Roja**
- **Ethiopia: Berbere-Spiced Lentils with Injera Bread**

Go exploring!  
Find even more recipes at  
[cookingwithkids.org](https://cookingwithkids.org)

## Calling All Cooking with Kids Alumni!

Over the last few years, a couple of our long-time educators have hung up their CWK aprons, and we got to thinking about the thousands of kids they reached over the years...

Thank you, Linda Apodaca, Cathy Rey Montoya, and Jane Stacey for sharing your love of cooking with those thousands of kids—many of whom are no longer kids!

### Did you have Cooking with Kids as a kid? We'd love to hear from you!



Ms. Linda began teaching for Cooking with Kids in 1999! She taught at Salazar Elementary, César Chávez Community School, and Sweeney Elementary.

If you were one of Ms. Linda's, Ms. Cathy's, or Ms. Jane's kids, **we would love to hear from you HERE**. We think it's high time for our grown-up CWK alumni to get together and share some memories—and some delicious food!

With that in mind, we're forming a CWK Alumni Association, and our first event will be this fall, so please stay in touch and stay tuned!

**Do you know someone who participated in CWK as a kid? Please share this email with them!**



Ms. Cathy volunteered in her children's CWK classes for many years before she became an educator in 2008. She taught at Kearny Elementary, Amy Biehl Community School, and Chaparral Elementary.



Ms. Jane has been with Cooking with Kids almost since the very beginning! She taught at E.J. Martinez Elementary, Agua Fria Elementary, Kearny Elementary, and Alvord Elementary.

## Funder Spotlight

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