

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Meal Lesson

Fideos Secos

+ Grades 6 and above - Common Core Math - Ratios and Proportional Reasoning

Suggested Recipe Age Range: 12+

Recipe by Chef Jonathan Zaragoza (and Momma Zaragoza!)

Fideos Secos (serves 6)

Ingredients:

- 1lb vermicelli fideo pasta
- ½ ea kabocha squash, seeds removed and halved, cut into 1 inch pieces
- ½ head cauliflower, cut into small florets
- 1 (15 oz) can diced, fire-roasted tomatoes
- 2 canned chipotle chiles, stemmed and chopped
- 2 Tbsp chipotle canning sauce
- ½ cup of white onion, small dice
- 4 garlic cloves, finely chopped
- 3 cups broth (chicken or vegetable -- you choose!)
- 3 Tbsp unsalted butter
- Kosher salt, as needed
- Olive oil
- For serving:
 - ¼ cup Mexican sour cream
 - ⅓ cup cotija cheese
 - 1 ripe avocado, pitted and cut into ½-inch cubes
 - Cilantro leaves
 - Lime wedges



Materials:

- Oven
- Blender
- Knife
- Cutting board
- Measuring cups and spoons
- Large mixing spoon
- Can opener
- Sheet tray lined with parchment paper
- Medium saucepan
- Mixing bowl

Directions:

1. Preheat the oven to 375F.
2. Line a large, rimmed baking sheet with parchment paper for easy clean-up.
3. Cut squash and cauliflower into 1 inch (bite size) pieces. Add squash to a mixing bowl and season with olive oil, salt, and pepper. Toss to combine, and place on a lined sheet tray. Repeat for cauliflower and put on the other side of the sheet tray. Bake for 30 mins or until squash is golden brown and both are tender.
4. In a blender, combine the tomatoes, chipotle and canning sauce and blend until smooth. Heat 3 TB of olive oil in a pan, add pasta, and toast until lightly browned.
5. Add the onion and a pinch of salt, and saute until lightly browned (about 6 mins).
6. Add garlic and stir for a minute or so, until it releases its aroma, then pour in the tomato mixture. Raise the heat to medium-high and cook, stirring almost constantly, until the mixture has darkened and thickened noticeably (7-8 minutes).
7. Stir in the broth, and bring to a simmer. Taste and season with salt to your taste.
8. Cook until the pasta is well coated with sauce and if you'd like, add the cauliflower and squash now or reserve cauliflower and squash for garnishing if you'd like a more varied texture for the dish. Add butter once the noodles are finished cooking, and adjust seasoning with salt and pepper, if needed.
9. Transfer to a large pasta bowl and top with the lime wedges, sour cream, cheese, avocado, cilantro leaves, and squash/cauliflower (if you haven't added already). Enjoy!

Common Core Connections:

Grades 6 and above

Common Core Math - Ratios and Proportional Relationship

CCSS.MATH.CONTENT.6.RP.A.3.D

Students will use ratio reasoning to convert measurement units; manipulate and transform units appropriately when multiplying or dividing quantities.

What does this mean?

As you increase or decrease the number of servings in the recipe, you are able to adjust the quantity of the ingredients as needed.

In this lesson, you (the student) will be working on multiplying when increasing or dividing when decreasing and multiplying and dividing quantities according to the number of servings.

What does this look like?

Materials needed:

- Paper
- Pencil
- Calculator

A. Define in your own words:

Ratios:

Proportions:

Rates:

B. Create a chart for measurements and conversion using the units listed below as well as any others you'd like.

Weight: Pounds, ounces, tons

Liquid measurement/volume: Gallons, pints, quarts, cups

Length: Inch, foot, yard, mile

C. Solve the following problems. Show your work.

- 1) A bag contains 60 marbles, some red and some blue. The ratio of red marbles to blue ones is 1 : 5. How many blue marbles are there?

- 2) A store has strawberry lemonade, orange juice, and sweet tea bottles in a ratio of 4 : 4 : 3. If there are 1020 sweet tea bottles, then how many orange juice bottles in total are there? How many strawberry lemonade bottles are there? How many bottles are there in total?

- 3) There are 550 skittles. $\frac{2}{5}$ of the skittles are red and the rest are blue. How many skittles are red and how many skittles are blue?

- 4) A boat can travel 288 miles on 36 gallons of gasoline. How much gasoline will it need to go 240 miles?

- 5) If 4 books of Tori's book collection takes up 5 inches of space on her bookshelf, how much space will her collection of 30 books take up?

- 6) A recipe calls for 10 quarts of milk. How many pints of milk does it call for?

- 7) A gallon sells for \$2.30. What is the cost per pint? How much does an ounce cost?

- 8) Nisha bought 6 pounds of avocados. How many grams did she buy? A recipe for guacamole calls for 1.5 grams of avocados. How many servings can Nisha make with the amount she bought?

- 9) The recipe for Fideos Secos serves 6 people. Jim wants to have a party and serve this for a guest list of 28 people. He wants to make sure he has enough for everyone. How much of each ingredient does Jim need to buy?

Family Discussion Questions:

Families/children could discuss or write about:

- What are some dishes where the ingredients can be replaced with vegetables such as zucchini, cauliflower or squash?
- How can we make our dishes more healthy yet tasty?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Research the ingredients in this recipe and their nutritional value.
- Make kale chips
 - 1) Wash kale
 - 2) Preheat oven to 350
 - 3) Spread on a pan
 - 4) Sprinkle salt and olive oil on the kale
 - 5) Put kale in the oven
 - 6) Bake until kale is crispy
 - 7) Serve immediately to keep the crisp

This original Family Lesson was written by Pilot Light Food Education Fellow, Marria Rahim.