






# Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE  
Celebrating Latin American Heritage

## SIKIL P'AK PUMPKINSEED SALSA

### INGREDIENTS

#### CLASSROOM TASTING:

- 1 cup dried pumpkin seeds (pepitas) 
- 1 medium tomato 
- ¼ cup chopped onion 
- ½ cup fresh cilantro leaves 
- ¼ cup fresh lime juice (about 2 limes)
- 1 jalapeño pepper, seeded and chopped (optional) 
- Salt to taste
- Tortilla chips or fresh veggies for serving

### DIRECTIONS

1. In a dry skillet over medium heat, toast the pumpkin seeds until they puff up and turn golden brown, stirring frequently to prevent burning. This should take about 5 minutes. Let them cool.
2. While the seeds are cooling, roast the tomato. Broil it in the oven until the skin is charred and the tomato is soft. Let it cool, then peel off the skin.
3. In a food processor, combine the toasted pumpkin seeds, roasted tomato, chopped onion, cilantro, lime juice, and jalapeño (if using). Blend until smooth, stopping to scrape down the sides as needed. Add a little water if the mixture is too thick.
4. Taste the dip and add salt as needed. Blend again briefly to mix in the salt.
5. Serve Sikil P'ak with tortilla chips or fresh veggies for dipping.

## TEACHER RESOURCES



Read Along 

Learn Yucatec Maya: Sikil means tomato and Pa'k means pumpkin seed. The Yucatec language comes from Yucatec Maya civilization in the Yucatán Peninsula.

Sikil P'ak is an indigenous dip which is thought to be one of the oldest salsas in Latin America.

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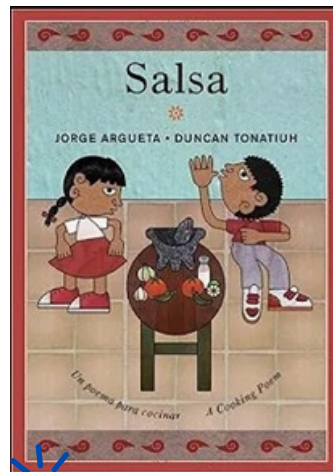
Celebrating Latin American Heritage

## PICO DE GALLO

### INGREDIENTS

#### CLASSROOM TASTING:

- 1½ tomato, diced
- 1 cup white onion, diced
- 1 jalapeno, finely diced
- ¼ cup lime juice
- ¾ tsp. sea salt
- ½ cup cilantro



[Read Along](#)

## TEACHER RESOURCES

Teacher & Older  
Student Resource:  
[Labor and Justice](#)  
[Debate Plate:](#)  
[Farmworker Wages](#)

[Lesson Ideas](#)

### DIRECTIONS

1. In a medium serving bowl, combine the chopped onion, jalapeno, lime juice, and salt. Let this marinate for 5 minutes.
2. Add the diced tomatoes and cilantro to the bowl and stir to combine. Taste, add salt if needed.

What does Taco Bell have to do with tomatoes? Did you know that in the 2000's farm workers from the Coalition of Immokalee Workers (CIW) lead a boycott of Taco Bell to demand improved working and pay conditions for farmworkers in the Florida tomato fields. Using “a penny per pound” slogan the group was successful – Taco Bell worked with CIW and other food companies to join the [Fair Food Program](#)!

[Learn More](#)



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## ELOTE MEXICAN STREET CORN

### INGREDIENTS

#### CLASSROOM TASTING:

- 4 ears of corn, husked 
- ¼ cup mayonnaise
- ¼ cup crumbled cotija cheese (or queso fresco/grated parmesan cheese as an alternative)
- 1 tablespoon lemon juice
- 1 teaspoon ancho chile powder (adjust to taste)
- Salt to taste
- Fresh cilantro for garnish (optional) 

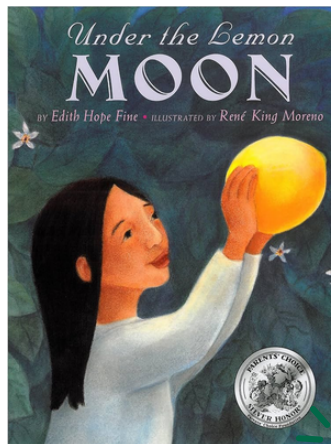
### DIRECTIONS

1. Preheat your grill to medium-high heat. Place the corn directly on the grill and cook for about 10 minutes, turning occasionally until all sides are charred and cooked through.
2. In a small bowl, mix together the mayonnaise, lemon juice, and a pinch of salt.
3. Once the corn is grilled, use a brush or spoon to coat each ear with the mayonnaise mixture.
4. Sprinkle the corn with crumbled cotija cheese and chile powder. Add more or less chile powder depending on your spice preference.
5. If desired, garnish with chopped fresh cilantro. Serve immediately while hot.

RECIPES MADE IN COLLABORATION WITH:



## TEACHER RESOURCES



Read Along 

Mexican Vegetables:  
A Complete  
Nutrition Guide 

Elote is a popular street food in Mexico. It's made with grilled corn and topped with creamy, spicy, and tangy flavors. Adding lemon juice gives elote a fresh taste, making the corn even more delicious. The lively lemon flavor makes this snack special and fun to share, just like in the story "Under the Lemon Moon," where the themes of sharing and community are important.