

Daisy Cauich

Period 4 and 5

Ms. Acosta

Oct.18, 2005

Sandwich

This is the sandwich that I make when my parents don't have to make food. This sandwich is one of my favorite thing to eat because it's healthy than eating junk food.

Ingredients:

2 pieces of bread

Mayonnaise

2 slices of avocado

3 slices of tomato

4 pieces of onions

2 slices of ham

1 or 2 large piece of lettuce

salt

Preparation:

1. On the two pieces of bread spread mayonnaise on the bread, but don't put a lot of mayonnaise
2. on the bread apply the ham on one bread
3. on top of the ham apply the lettuce
4. on top of the lettuce put the 3 slices of tomato
5. then apply the onion around the bread

6. then last apply the avocado on the sandwich
7. finally put a little bit of salt around the sandwich for a little more flavor
8. last take the other part of the bread on the sandwich
9. take a big bite and enjoy

Jenny Salamanca

Period 4-5

Ms. Acosta

October 18, 2005

Peanut Butter and Jelly Sandwich

- Get 2 slices of white bread
- 1 teaspoon of peanut butter
- 2 teaspoons of jelly....(any flavor you want)

Spread peanut butter on one side of a bread.
Spread jelly on one side of the other bread
Put them together to form a sandwich



A peanut butter and jelly sandwich is fun and easy to make. All you need are the proper ingredients. A peanut butter and jelly sandwich is also a great snack.

Sandra Santamaria

Period 4/5

Ms. Acosta

October 18, 2005

Rice mixed with milk

(Arroz con Leche)

Ingredients:

- 1 cup rice
- 2 cups water
- 1 cup milk
- 1 can condensed milk
- 1 cup amaranth cereal (popped amaranth)
- 1/2 cup raisins
- sugar to taste
- ground cinnamon

Preparation:

Soak the rice in hot water for 15 minutes.

Drain and rinse until the water runs clear.

Place the rice and the 2 cups water in a medium size saucepan, bring to a boil, cover, and simmer until the water is absorbed.

Add the milk, condensed milk, amaranth and raisins.

Cook over low heat another 10-15 minutes, until the mixture thickens.

Add sugar to taste.

Cool and serve with cinnamon sprinkled on top.



This desert is often consumed in our family most of the time but we usually don't put on raisins because we don't like it. This dish comes from Latino America and it's really consumed when winter arrives. It's one of my favorite dishes you should try it.