

A WORLD OF EATS

After-School Avocado



When kids in Mexico need a quick snack after school, they reach for a creamy avocado. You can tell if an avocado is ripe by touching it; it should feel tender, but not too mushy.

1. Ask a grown-up to help you cut the avocado in half. Twist off the top half, then scoop out the big avocado seed.
2. Squeeze some lime juice onto each half. Sprinkle with a little salt. Then dig in with a spoon.

SAY WHAT?!

Arroz con leche is pronounced ah-ROHS kohn LAY-chay and means "rice with milk."



MEXICO

ARROZ CON LECHE



Makes 3 servings

This creamy rice pudding is a favorite sweet throughout Mexico and many other Latin American countries. Stir up the pudding over the stovetop and season with a little cinnamon.

Here's What You Need

- ½ cup long-grain white rice
- 1¼ cups water
- 1 stick cinnamon
- 1 egg
- 2 cups milk
- ½ cup sugar
- ½ teaspoon vanilla extract
- ½ cup raisins
- Ground cinnamon (optional)



HERE'S WHAT YOU DO



1. Measure the rice into a large pot. Pour in the water, then add the cinnamon stick on top.



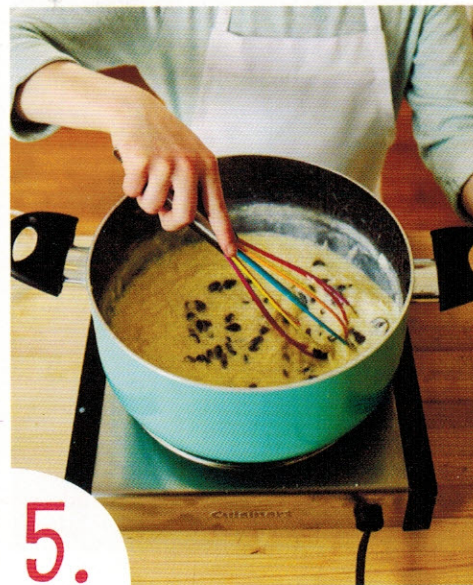
2. Bring the water to a boil over high heat. Then turn the heat to low, cover the pot, and cook until most of the water is absorbed, about 15 minutes.



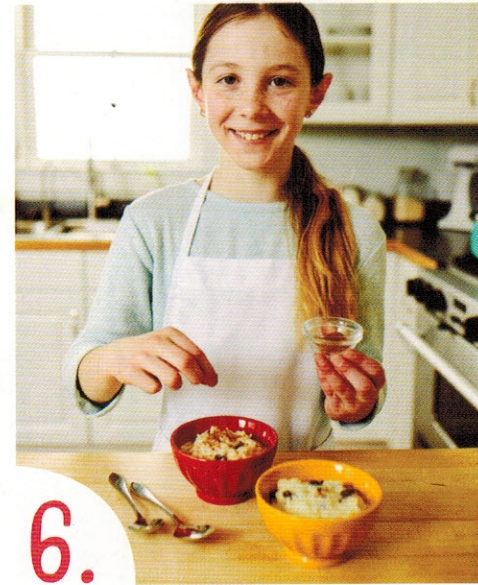
3. Crack the egg into a medium bowl. Whisk it, then mix in the milk and sugar. Pour the liquid over the cooked rice. Remove the cinnamon stick from the pot.



4. Bring the rice pudding to a boil over high heat. Turn the heat to low and cook, stirring often to prevent sticking, until the pudding thickens, about 30 minutes.



5. Stir in the vanilla and the raisins.



6. Serve the pudding warm — or refrigerate it and eat it cold. Sprinkle some ground cinnamon on top, if you'd like.