

# How'd they do that?

## STAR School

## Navajo Blue Corn Tortillas with Kale

- Prepared for taste tests during student culinary class
- Served as a lunch side for "Traditional Tuesdays"
- 1 oz. grains per serving

## Ingredients

**Blue Cornmeal, Flour, Kale, Salt, Water, Oil**

## Blue Corn Meal

### Procurement

- Sourced locally from Hopi Nation
- If local sourcing is not available, purchased from Ramona Farms

## Kale

### Procurement

- Grown in site gardens
- Any sturdy green in can be used in place of kale
- When not grown on site, kale or greens are purchased from local farmers

## Flour

### Procurement

- Available from Shamrock Foods

## Labor

- It is recommended to have at least two cooks in the kitchen that have experience in making bread and cooking scratch recipes
- At times, culinary students assist with prepping ingredients and/or taste testing



## Backstory

"Since its inception, STAR School has focused on weaving traditional indigenous foods with lunch and breakfast meal service. This focus has resulted in the creation of amazing recipes that feature ingredients that have been sourced both locally and on site as much as possible. A favorite recipe of both staff and students is STAR School's blue corn tortilla with kale. Fry bread is arguably the most well-known Native American bread, but grilled or oven baked bread is just as popular among the Navajo and Hopi communities. The addition of kale is both a traditional and a novel way of using greens."

*-April Willing*  
Wellness Coordinator  
STAR School

## Food Safety

- All employees should wear gloves, hair nets, and masks during the ingredient prep as well as the cooking
- Keep raw tortilla dough covered when not in use
- Place cooked tortillas in a towel-lined bowl with a lid to keep them warm and to protect the integrity of the tortilla
- Hold tortillas at 165°F for at least 15 seconds

## Serving Suggestion

### Lunch or Breakfast Side

- Fresh Fruit (USDA Foods Entitlement; available through DoD Fresh)
- Choice of milk (available from Shamrock Foods)
- Serve with an entrée! STAR School recommends soup, or eggs