

Honduras

Latin America

Menu

1. Corn tortillas

Directions:

Heat tortillas on a grill before serving.

2. Fish with garlic

Ingredients:

3 lbs. tilapia or cod

1 cup flour

1/4 cup olive oil

2 cloves minced garlic

Salt, pepper, parsley, and paprika to taste

1 lime cut into 8 wedges

Directions:

Wash fish and pat dry. Dust the fish in flour. Heat olive oil at medium heat, keeping it just below smoking level. Add fish and cook one side, 3-4 minutes. Turn and use a brush to "paint" the fish with the minced garlic. Cook other side 3-4 minutes. Quickly turn one more time. Drain on paper towels. Dust with dried parsley flakes, paprika, salt, and pepper.

3. Cooked rice

4. Shredded lettuce

5. Salsa

Serve this meal as fish tacos by shredding the fish, or as separate entrées.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Honduras: 18%

Life in Honduras

More than half of the population of Honduras depends on agriculture as a livelihood. Many farmers can grow only enough food for their families, leaving them without produce to sell. These peasant laborers sometimes decide to move to a city environment. Sadly, hardships like poverty often await them there.

Typical meal

Rice and beans are the typical meal of Honduras.

Lorena's beans and tortilla



Lorena is eating beans and a corn tortilla. Behind her is Consuelo.

References:

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