[PERSONAL CONNECTION]

I was at my house with my mom, papa, and my two sisters. It was August, my birthday party, and the food was chiles rellenos. My mom and my family and my uncle were at my birthday party at my house. We had a birthday cake and chiles rellenos. This memory makes me happy and sad. Happy because it was my birthday party, and sad because we are here in San Francisco, and I miss my family and my uncle.

[IN HISTORY]

Chiles rellenos originally come from México and Guatemala. This dish was originally created by México. The key ingredients in this dish are ingredients that are native to México. This is important because it tells us where the dish is from. Today, Guatemalans eat this dish because it is part of their history. This dish is also eaten in México because that is where it’s from. México and Nicaragua both have delicious food.

[INGREDIENTS]

- bell peppers
- tomatoes
- onions
- potatoes
- cucumbers
- peas
- lettuce
- celery
- asparagus
- garlic
- egg
- chiles

[PREPARATION]

1. Cut the stems and seeds out of the bell peppers and roast them
2. Cut up all of the vegetables
3. Fill the bell peppers with the cut up vegetables
4. Whisk the eggs and pour in the chiles
5. Fry the chiles rellenos in the egg batter