

Loaded Nachos.

Studies show that the favorite food in the U.S is Mexican. The traditional hot dog and hamburger have to take second and third places, because the tasty and sometimes spicy food found south of the U.S takes first place. When I first came to the U.S., I had very little idea of how much influence Mexico has, in general, on this country. As I am English, and England is very far away from Mexico, I had only ever been to one Mexican restaurant that was in London. I didn't know much about Mexico either.

Now, twenty years on*, I'm sure that there are many more, up and down the country, especially the popular food chains like Taco Bell and Taco Time. So, during my first visit here, I ended up eating more Mexican food than I had expected. You could say that while I have lived here, I have learned not only about the U.S way of life, but also about Mexico, its food, its culture, and its people. I've been fortunate enough to* go to Mexico a few times, see its capital, explore some of its major historical buildings, and experience some of its traditions. And Wenatchee, believe it or not, is very influenced by the Mexican culture. Although it is a small town, of about 40,000, a large percentage of the population is from Mexico. Their culture is attractive and lively, and very proactive*. There are more and more restaurants, bakeries, dance clubs, travel agencies, and daycares that are Hispanic and Spanish speaking. A healthy bi-cultural nature is emerging in this town. Because of this, even the traditional supermarkets are offering products that Hispanics like to buy. It's good business. And one of the preferred dishes is nachos. It is based on corn or flour tortillas, which are flat and round. These can be fried to become crispy, toasted slightly in a frying pan with no oil, or simply warmed in the microwave. Nachos typically are crunchy. Bags of tortilla 'chips' are purchasable anywhere, so it's easy and convenient. Some people make a simple nacho dish of tortilla chips with tomato salsa and shredded cheese on top. However, 'loaded nachos' is a much more substantial dish that is varied and filling enough to be a full meal. The word 'loaded' is used to mean that it is a full, and quite heavy dish. A loaded gun comes to mind; it's ready to do some serious firing, and the nachos are ready to deliver some serious taste. So, we have the tortilla chips, and on top, fried , seasoned, minced beef, salsa, sour cream, advocado slices, black olives, shredded cheese, and sliced chili peppers. Wow! Beat that! It is full flavored, as you can imagine. This dish is perfect for parties and get-togethers. Recently, the Superbowl was on, and it is a tradition to have loaded nachos available as one of the dishes to enjoy while watching the football on television. The supermarkets stock up with all the ingredients, so you can easily throw them all together to make this easy but satisfying dish.

Related vocabulary:years on, to be fortunate enough to..., proactive. (Get-together found on Facebook under Anna from A cup of English.

1. She started a naturopathic clinic. Several years on, she had to open two more; it was that popular.
2. We were fortunate enough to find five pairs of shoes on clearance.
3. He is so proactive. He is always making good things happen, and when there is conflict, he finds a way to create a good situation out of it.