

LGBT(Q)(A) Torta or Taco

(in solidarity with Lesbian, Gay, Bisexual, Transgendered brothers, sisters, and non-gender specific members of our community.)

by Mero Cocinero Karimi

This is the recipe that welcomes everyone. **Remember you must make it in pairs.** It doesn't matter who you pair with, but making an LGBT (Q) (A) Torta alone is not as fun! **My mother was a pioneer.** She made this recipe before the letters LGBT became so popular. She first made this recipe for my uncle who was coming back from Vietnam. He left Guatemala because he was gay and felt uncomfortable there, and because Uncle Sam offered him a green card if he went to fight in Vietnam. After being shot in the war, getting his purple heart, my uncle comes back to the U.S. But people did not make him feel welcomed.

My mother, made this sandwich or Torta, with all the ingredients we had in the house.

She made her own guacamole. **The G.** Then, she heated up refried beans. **The B.,** Then shred Lettuce **The L.,** then slice Tomatoes **the T..** Easy.

You just follow the letters to make the sandwich.

Elements:

Lettuce

Guacamole

Beans

Tomato

Queso/Cheese optional

(Cilantro is your Ally)

Process:

1. On one side, you add the guacamole. (G)
2. You can add **allies to the sandwich (A):** You can add mustard or you can also add an herb that unites Asians and Latinos. Cilantro!
3. On the other side, the beans (B). Then on the guacamole side you add the lettuce (L). Then the tomatoes (T).
4. And then you put it together.
5. You must decide which side, you can't make the LGBT(Q)(A) Torta centrist or it will fall apart. This Torta is great for Vegans and Veterans.
6. And for those of you that are Questioning being Vegan, you can add Cheese, or Queso to make a LGBTQ Torta. **That's the (Q).**
7. Now, eat! As a community!

Remember, eat this with some water, and go out for a walk with your GLBT(Q)(A) Torta making partner after you are done eating. YES!