

The illustration depicts a warm, intimate scene of a woman and a young girl cooking together. The woman, on the left, has long, wavy brown hair and is wearing a teal-colored top with a decorative brooch. She has her eyes closed and a gentle smile, holding the girl's hand. The girl, on the right, has short dark hair and is also smiling with her eyes closed. They are positioned in front of a large, red, bubbling pot. Wisps of white steam rise from the pot, curling around the characters. The background is a soft, warm yellow with faint, swirling lines. The overall style is soft and painterly, with visible brushstrokes and a warm color palette.

Josefina's Habichuelas

Las habichuelas de Josefina

By / Por

Jasminne Mendez

Illustrations by / Ilustraciones de

Flor De Vita

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Piñata Books are full of surprises!
¡Piñata Books están llenos de sorpresas!

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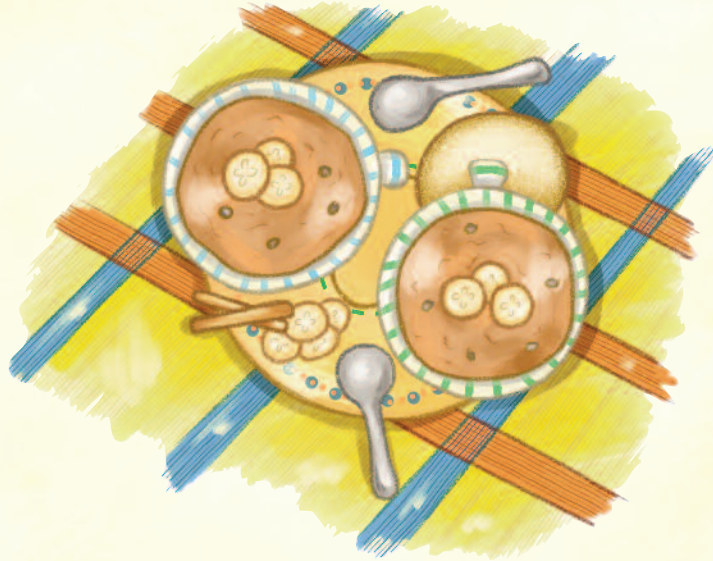
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For my daughter Luz María and her abuelitas Eusebia y Sonia
—JM

To my mom, who taught me a lot about Mexican cuisine.
Every time I cook, it makes me remember the love and warmth
of home. Comida con sabor a casa.
—FDV



Para mi hija Luz María y sus abuelitas Eusebia y Sonia
—JM

Para mi mamá, quien me enseñó mucho sobre la cocina mexicana.
Cada vez que la cocino recuerdo el amor y la calidez
del hogar. Food with the flavor of home.
—FDV

Josefina loved to eat sweets. She loved warm chocolate chip cookies out of the oven. She loved cupcakes and candy. But Mami wouldn't let her eat them all the time because, "Sugar is bad for your teeth!"

One night, Josefina was eating a serving of flan. Mami said, "Lent is coming. It's the time before Easter when some people choose to give up foods they enjoy. This helps them reflect on their actions and brings them closer to God. This year, I would like you to give up sugary food."

"What?! How long is Lent?"

"Forty days and forty nights."



A Josefina le encantaba comer dulces. Le encantaban las galletas de chocolate recién salidas del horno. Le encantaban los *cupcakes* y los dulces. Pero Mami no dejaba que los comiera todo el tiempo porque "¡El azúcar es malo para tus dientes!"

Una noche, Josefina estaba comiendo un poco de flan. Mami dijo —Ya viene la Cuaresma, los días antes de la Pascua cuando algunas personas dejan de comer cosas que disfrutaban. Hacer eso les ayuda a reflexionar sobre sus acciones y acercarlos a Dios. Este año quiero que renuncies a los dulces.

—¿Qué?! ¿Cuánto dura la Cuaresma?

—Cuarenta días y cuarenta noches.

