



Tostadas with Refried Beans

We are baking these tostadas instead of frying them and using healthier oils for the refried beans !

| <u>U.S.</u> | | <u>Metric</u> |
|---------------|---|---------------|
| 1 Tbsp | Olive Oil | 15 mL |
| 1 small | Onion, sliced thinly (julienne) | 80 g |
| 2 cloves | Garlic, minced | 6 g |
| 1 can (15 oz) | Pinto Beans, rinsed | 424 g |
| 1 each | Red Bell Pepper, sliced thinly (julienne) | 119 g |
| 6 each | Corn Tortillas | 6 each |
| 1/3 cup | Vegetable Stock | 79 mL |
| 3 Tbsp | Cilantro, rough chopped | 12 g |
| 1/2 tsp | Cumin | 1.5 g |
| 1/4 tsp | Salt | 1.25 g |
| To Taste | Black Pepper | To Taste |
| 1/2 cup | Low-fat Cheddar Cheese | 57 g |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 450 °F / 232 °C .
3. Heat olive oil in a skillet and sauté the onions until golden brown 5-8 minutes.
4. Add garlic and cook for about 2 minutes.
5. Add the beans and their liquid and water and bring to a simmer.
6. Mash beans with potato masher, until mixture is mostly smooth.
7. Season with ¼ tsp salt and serve.
8. Arrange 12 tortillas in a single layer on two rimmed baking sheets; spray with oil.
9. Place wire rack upside down on top of the tortillas to keep them flat
10. Bake on the upper and lower middle racks of a 450 degree oven until lightly browned and crisp, 15-18 minutes, switching and rotating the sheets, halfway through baking.

Nutrition Facts

| | |
|---------------------|------------------------|
| Serving size | 1 tortilla |
| | 0.5 cup filling |
| Servings | 6 |
| Calories | 180 |
| Calories from Fat | 45 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 2 g |
| Cholesterol | 5 mg |
| Sodium | 159 mg |
| Carbohydrates | 27 g |
| Dietary Fiber | 6 g |
| Sugars | 2 g |
| Protein | 8 g |
| Vitamin A | 72 % |
| Calcium | 9 % |
| Vitamin C | 46 % |
| Iron | 2 % |
| Phosphorus | 148 mg |
